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**Conducting  
combatives  
training**

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*The Fort Jackson*  
**Leader**

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**Taking it to the top**



Photo by Mike A. Glasch

**Soldiers and construction workers sign a beam during a “topping off ceremony” March 11. The beam will be part of the new Consolidated Drill Sergeant School building on Fort Jackson. Construction is scheduled to be completed in October.**

# Job pact

Local businesses,  
Reserves team up  
to fight unemployment

**Mike A. Glasch**  
*Leader Staff*

With South Carolina suffering from one of the highest unemployment rates in the nation, Soldiers in the U.S. Army Reserve who call the Palmetto State home now have an edge in the job hunt in these tough economic times.

As part of the Employment Partnership Initiative, the Army Reserve signed a Memorandum of Agreement with 16 local businesses and law enforcement agencies March 5, to make it a priority to the recruit, train and hire Reserve Soldiers.

“Often times our Reserve Soldiers are unemployed or under-employed. After going into the military, being deployed and having a successful career in the military, when they come back home they want more,” said Maj. Gen. Adolph McQueen, commander, 200th Military Police Command. “This gives our Soldiers more opportunities.”

According to the Bureau of Labor Statistics, in 2008 South Carolina’s unemployment rate rose by 4.7 percent. That was the highest increase in the country. The state’s overall unemployment rate stands at 10.4 percent, which is second only to Michigan’s 11.6 percent.

For Richland County’s top cop, those numbers mean an increased workload for his officers.

“If you look at today’s headlines ... the state is bleeding jobs, unemployment rates are going up and the economy is

*“They have Soldiers who are trained, who are experienced. We should take advantage of that.”*

**Sheriff Leon Lott**  
Richland County



# COMMANDERS' CORNER

## From the Commanding General

# Suicide prevention requires intervention

Losing one life to a suicide is one life too many, because suicide is a tragedy that is truly preventable.

I stressed this point in a column last September, prior to the Army's observance of National Suicide Prevention week. And I am emphasizing it again today, because I am deeply concerned about the disconcerting statistics that have become available since last fall.

For the entire year of 2008, there were 143 Army suicides. Let's put that into context.

That translates to roughly 20 suicides per 100,000 Soldiers, which is the highest number of suicides since we began keeping data in 1980. Compounding those unpleasant numbers, 24 Soldiers apparently took their lives in January, and as many as 18 Soldier deaths that occurred in February could be eventually classified as suicides.

These are alarming figures and have all leaders Army-wide deeply involved. Here on Fort Jackson we have stepped up our efforts



Brig. Gen. May

with post-wide Suicide Awareness Stand-down classes, which you should have recently completed.

All of this can certainly be categorized as a proactive approach. Yet we need a strong focus to support these initiatives. We leaders must never lose sight of our mission, which is to im-

prove readiness through the development and enhancement of the Army Suicide Prevention Program policies that are designed to minimize suicide behavior.

All of us must infuse the Suicide Prevention Program guidance into our mind-sets so that we are better able to recognize suicidal behaviors among our fellow Soldiers and know how to intervene. I see this as an ongoing tasking.

Let's not forget that there are often many warning signs of suicide. Some of those

signals include: failed relationships, legal and financial problems, alcohol and/or drug abuse; sudden changes of behavior; statements of a desire to die. There are many other indicators as well, as we are learning.

When the signs are apparent, we need to act. We need to open our eyes and ears, and take the appropriate measures. Meanwhile, the Army is doing more research in trying to identify factors that affect the mental and behavioral health of our Soldiers. We have partnered with the National Institute of Mental Health to conduct a five-year study on the correlation.

The Army has also stepped up its effort in reporting suicide cases as well. In the past, we were compiling the data on suicide deaths annually. We are now compiling monthly statistics to further promote the awareness and the importance that we mitigate this trend.

The Army has other programs as well that help zero in on mental-health issues.

One such initiative is called Battlemind, a training program that helps Soldiers and their families deal with the stress associated with deployments. Yet it is important for us to remember that in order to be successful in any prevention effort — and I have made this point in the past as well — we must eliminate the stigma associated with seeking help, improve our access to care, as well as build suicide prevention programs.

A Soldier, family member or civilian workforce member should not feel shamed in admitting he or she needs some support in coping with depression, anxiety or any mental-health type related issue. They are like injuries that need treatment. There is no dishonor or a show of weakness associated with a person who admits that he or she needs help.

On the contrary, it's a sign of strength for having the courage to step forward and ask for assistance.

Army Strong!

## Ask the Garrison Commander

# Spouses' support group; learning to play golf



Col. Dixon

*Is there a support group available at Fort Jackson for spouses of deployed Soldiers who do not have a unit at Fort Jackson, spouses serving on an "All Other's" tour or a Field Training Exercise?*

Yes. Each month ACS, Deployment Readiness Program sponsors the "Hearts Apart" Support Group meeting on and off post.

This group links family members and children who are left behind due to the sponsor's mission requirements.

It provides a supportive environment and opportunities for families to learn about resources available to them. It also provides an opportunity for families to network with each other during the absence of their sponsors.

If you are interested in becoming a member of the "Hearts Apart" Family Support group or would like additional information, please contact Patricia Guillory at 751-7489 or via e-mail at [Patricia.A.Guillory@us.army.mil](mailto:Patricia.A.Guillory@us.army.mil).

*What can I do to learn to play golf?*

Fort Jackson has two 18-hole golf courses that can be used by authorized patrons on a daily basis. If you want to learn to play golf or improve your game, you can register to participate in the 2009 Get Golf Ready program sponsored by the PGA. During this program you will learn the rules of golf, get familiar with the Fort Jackson Golf Course, meet the staff and learn to play.

To register go to [www.playgolfamerica.com](http://www.playgolfamerica.com), enter the Fort Jackson zip code, 29207, and click register for a session. The \$99 payment can be made at the Golf Course on the first day of the lesson.

*I am a former Army Reservist, but enlisted into another branch of component of service. I keep getting information from the Army Reserve stating that I am still on their rolls. In addition, the Defense Enrollment Eligibility System keeps listing me as an Army Reservist and removing my benefits. What can I do to correct this problem?*

Former Troop Program Unit Soldiers should send a

copy of their current enlistment contract or Oath of Office to their losing Command so that orders can be cut to discharge the Soldier from the U.S. Army Reserve.

Former Individual Ready Reserve or Individual Mobilization Augmentation Soldiers should send their documents to the Human Resources Command (HRC), ATTN: AHRC-PAR, 1 Reserve Way, St. Louis, MO 63132-5200.

### Garrison Fact of the Week

Is the economical situation affecting you in any way? If so, learn how you can manage your money to make it last longer. Army Community Service Financial Readiness offers monthly classes in savings and investing, budget development, and credit management. These classes will help you establish sound financial savings principles that are vital to your every daily lives.

For more information call 751-5256 or visit the ACS Web site at [http://fortjacksonmwr.com/acs\\_fin/](http://fortjacksonmwr.com/acs_fin/).

To submit questions for the "Ask the Garrison Commander," call 751-2842, or e-mail [nahrwolds@jackson.army.mil](mailto:nahrwolds@jackson.army.mil).

## The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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Photo by Crystal Lewis Brown

Staff Sgt. Bradley Stevenson, 171st Infantry Brigade, demonstrates how to assemble a M249 machine gun, which is one of the skills Soldiers have to perfect to earn the coveted Expert Infantry Badge.

# Infantrymen get ready to earn EIB

Crystal Lewis Brown  
Leader Staff

“If it ain’t raining, we ain’t training,” Sgt. Maj. Joshua McKnight said jokingly to a group of expert infantry badge candidates earlier this week. But despite the jokes, the Soldiers — noncommissioned officers with the 120th Adjutant General Battalion (Reception) — were serious about the task that brought them to a muddy tank trail on a soggy Monday morning.

The Soldiers were a small group of the almost 125 candidates hoping to earn their Expert Infantry Badges next week. This week, McKnight said, was their chance to practice before the real deal.

“This lets them know what to expect,” he said.

The Soldiers must go through — and pass — 42 different stations in order to earn the coveted award.

The EIB is awarded to Army personnel who hold infantry or special forces military occupational specialties. The test is given once a year, and has a pass rate Army-wide that averages less than 10 percent.

And though a few non-infantry Soldiers might be going through the stations this week, McKnight said they will not be amongst those testing next week.

“Anybody can come out for the training,

but you have to be an infantryman to get the EIB,” he said.

This week’s practice session is meant to give candidates all the time they need to perfect a task before the actual competition. Soldiers can go through each station as many times as they want, McKnight said.

During the actual event, Soldiers get only one chance to fail a task — called a “no go” — without penalty. The Soldier then has one hour to return to the station to retest. A second “no go” on the same station will put him out of the competition altogether.

Staff Sgt. Normil Castor, with Company E, 120th Reception Battalion (Reception), was among the handful of Soldiers who came out early Monday morning to practice.

“I feel pretty motivated,” he said. “After two years of being deployed and training my Soldiers on this same stuff, I feel pretty confident.”

He said he thinks earning the badge will be beneficial for his Soldiers as well.

“Being an NCO, (the award is) good so when you train your Soldiers up on these tasks, they know you are an expert,” he said. “I think it’s something you have to have as an infantryman.”

Crystal.Y.Brown@us.army.mil

## Soldier hospitalized with meningitis returns to unit

Crystal Lewis Brown  
Leader Staff

A Fort Jackson Advanced Individual Training Soldier hospitalized with bacterial meningitis earlier this month has been released to her unit and will resume training, post officials said this week.

The Soldier, whose name was withheld, missed only a small portion of her training and will be able to graduate with her peers.

Moncrief Army Community Hospital and the Soldier’s unit worked together to

make sure anyone who came in contact with the Soldier was treated immediately.

She was diagnosed with Neisseria meningitidis, one of the two most common causes of bacterial meningitis.

No other cases have been reported, and the 10-day incubation period for the disease has passed.

Meningitis is an infection of the fluid of the spinal cord and the fluid that surrounds the brain.

Crystal.Y.Brown@us.army.mil

## Maude leadership lecture



Photo by Crystal Lewis Brown

Maj. Gen. Thomas P. Bostick, commanding general of the U.S. Army Recruiting Command, speaks about the importance of leadership to a group of Soldiers and Richland County Sheriff’s Office personnel in the 120th Adjutant General Battalion (Reception) Chapel Tuesday. Bostick spoke as part of the Lt. Gen. Timothy J. Maude Leadership Lecture Series.



## Around Post

### ASAP Training

There will be two Army Substance Abuse Program classes for commanders and first sergeants today. The first class is at 9 a.m. and the second is at 1:30 p.m. Each two-hour class is held in the ASAP classroom at 3250 Sumter Ave.

The course will cover Army Regulation 600-85, dated Feb. 17, 2009, "Smart Testing," prevention and education, and the referral process for substance abuse treatment. To reserve a seat or for additional information, call the ASAP office at 751-5007.

### Commissary Alert

The Defense Commissary Agency will accept outstanding CertiCheck gift certificates from authorized customers through July 31. CertiChecks Inc., the Dayton, Ohio company, announced it has ceased operations and is filing for bankruptcy. DeCA will be allowed to absorb the losses it incurred from honoring the certificates from its Defense Working Capital Fund, Resale Stocks Account.

### DA Photos

The Department of the Army Photo Management System will only accept photos for submission for promotion into DAPMIS for active Army commissioned officers, warrant officers above warrant officer 1 and noncommissioned officers of staff sergeant and above.

All Army National Guard, Reserve commissioned and warrant officers including second lieutenant, warrant officer 1 and noncommissioned officers of sergeant and above are authorized to have DA photos done in the photo lab.

For active duty Soldiers in the rank of second lieutenant, warrant officer 1 and sergeant who are submitting a special package, the photo will be taken, but not sent to DAPMIS. For more information, call 751-7593.

### Promotion

Jarrod W. Martin, Co. B, 3rd Bn., 60th Inf. Reg. was promoted to sergeant first class Feb. 1.

## Women's History luncheon



Photo by Crystal Lewis Brown

**Col. Nancy Hughes, MEDDAC commander, presents Tre'Taylor with a gift that symbolizes women carrying the world on their shoulders. Taylor was the guest speaker at yesterday's Women's History Month Luncheon at the Officers' Club. This year's theme was "Women taking the lead to save our planet."**

# Army weighs medical conditions when disciplining WTU Soldiers

**Gary Sheftick**  
Army News Service

WASHINGTON — Army leaders say they are committed to balancing the medical needs of recovering Soldiers with maintaining good order and discipline in Warrior Transition Units.

"The issue of misconduct and non-judicial punishment in WTUs is one of the issues we're looking at," said Col. Jimmie Keenan, chief of staff of the Army's Warrior Care and Transition Office during a blogger's roundtable Tuesday. She explained that WTU leaders who consider disciplinary action take into account the special circumstances of Soldiers who are wounded, ill or injured.

Four Soldiers in the Warrior Transition Battalion at Fort Bragg, N.C., reportedly complained last week to the Associated Press that they had received Article 15s or other disciplinary action unfairly.

The Army is looking into the complaints at Fort Bragg, Keenan said, explaining specifically that the XVIII Airborne Corps staff judge advocate is investigating the cases.

Secretary of the Army Pete Geren visited with WTU Soldiers Monday at Fort Bragg. He was at the installation to participate in the 50th anniversary of the Army's Golden Knights parachute team, but also met separately with wounded warriors.

"I'm here to listen," Geren said in a video-taped interview before talking with the WTU Soldiers. "I'm here to learn firsthand what their experiences have been."

"These are men and women who carried the burden of battle for our country," he said, "and we're doing everything we can to make the Warrior Transition Units work for them."

"Across our Army, these Warrior Transition Units have helped get Soldiers back on their feet," Geren said.

"It's really focused on rehabilitation," Col. Patrick Sargent said about cases where WTU commanders are forced to issue non-judicial punishment. He said it's a way of helping Soldiers straighten out without ruining their careers.

"It makes sure that good order and discipline is maintained — which is critical for a military unit," said Sargent, "and it gives the military a way to rehabilitate a Soldier without using formal charges with permanent marks on his or her record."

Sargent returned in October from Baghdad where he commanded a brigade task force responsible for medical care in Iraq. He is preparing to take over Keenan's job when she moves to an assignment at the WTU and hospital at Fort Carson, Colo.

More than 24,000 Soldiers have transitioned through WTUs since the units were created less than two years ago, Keenan said, adding that more than half of them returned to military duty.

"So the system is doing what it was designed to do," Keenan said. "At this point, we are focused on making the policies and procedures work more efficiently, effectively and more responsively for Soldiers and families."

Currently 36 Warrior Transition Units are located across the Army, along with nine Community-based WTUs that provide care to troops near their hometowns. The units collectively now have about 10,000 Soldiers assigned.

Only about 11 percent of those WTU Soldiers actually have a combat injury "where metal entered their body," according to Keenan. About a third of the WTU Soldiers were evacuated from the theater of operations, Keenan said, but explained some of these Soldiers had accidents and others developed illnesses.

Another third of the WTU Soldiers were injured during training before deploying, or developed an illness during mobilization, or had ailments related to their service in the War on Terror, Keenan said. Others were involved in traffic accidents after returning from Iraq or Afghanistan.

WTU Soldiers have injuries ranging from severe Traumatic Brain Injury to amputations to illnesses that require more than six months of rehabilitative care and case management, Keenan said.

"We continue to develop these WTUs," Geren said. "They're works in progress."

The first Warrior Transition Unit was established less than two years ago following complaints from Soldiers being treated at Walter Reed Army Medical Center.

The WTUs put into place a "triad" of care with a cadre of squad leaders, nurse care managers, and medical treatment professionals.

## Customer Service Corner

Fort Jackson's Army Family Action Plan (AFAP) Conference convened March 4 and 5 at the Officers' Club. Forty-one delegates attended, representing eight constituent groups: Active Duty, Reserve, National Guard, Single Soldiers, Warriors-in-Transition, Retirees, Family Members, and Civilian Employees. The delegates were divided into two workgroups and a trained staff assisted them in vetting and prioritizing issues affecting the entire Fort Jackson community. Following are the 16 issues that were addressed:

- Relocate the hospital mainframe to decrease computer downtime;
- Improve the timeliness of TRICARE payments;
- Improve communication between Fort Jackson and family members;
- Decrease wait times at Moncrief Army Community Hospital's pharmacy;
- Improve process of issuing CIF TA-50/OCIE;
- Ensure proper functioning of combat gear;
- Provide better parking in transient and school areas;
- Offer optional coverage for orthodontics;
- Change living arrangements for NCOs to provide

separate barracks for corporals and sergeants or allow them the option of residing off-post;

- Change living arrangements for married unaccompanied Soldiers regardless of rank;
- Streamline TRICARE/Moncrief in-processing by consolidating stations;
- Improve handicapped parking spaces, which are too narrow and not clearly marked;
- Provide a subject matter expert for the Warrior Transition Unit;
- Establish a telework/telecommute policy for Fort Jackson;
- Provide better separation between permanent party and Soldiers in training postwide;
- Create a Multipurpose Family Readiness Group Center.

All 16 issues were presented to the Command Group and will be forwarded to the directorate or organization responsible for their resolution. Those issues that cannot be addressed at installation level will be voted on for possible forwarding beyond Fort Jackson.

As issues are voted on, resolved, or forwarded to a higher

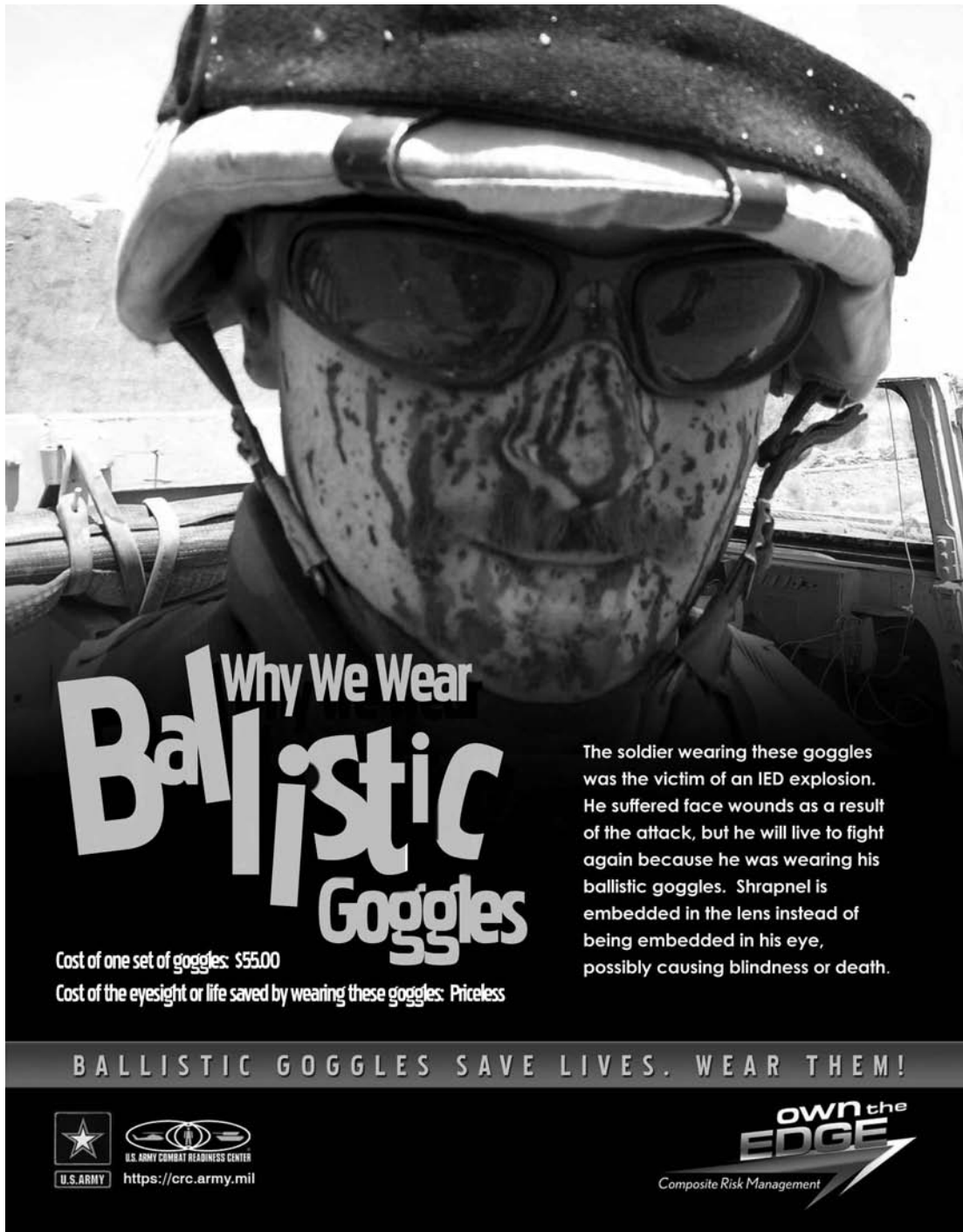
level, their status will be detailed in Customer Service Corner.

Questions regarding this process may be directed to the AFAP Program Manager at 751-5444 or to Customer Management Services at 751-3425/4926.

The AFAP Conference is an annual event that allows a forum for community members to submit issues that cannot be resolved at the local level. Its counterpart, Community FIRST, is a quarterly process involving installation-level issues. To view a detailed list of Community FIRST/AFAP issues and the status of each, please visit the Fort Jackson Customer Management Services Homepage at: <http://www.jackson.army.mil/WellBeing/wellbeing.htm>.

### ICE APPRECIATION

The Garrison congratulates the Directorate of Human Resources, specifically the Administrative Service Division; and the Official Mail and Distribution Center. They both have achieved a 5.0 percent rating out of a possible 5.0 in employee/staff attitude in a 12 week period. This is an outstanding performance in Customer Satisfaction.



**Why We Wear Ballistic Goggles**

The soldier wearing these goggles was the victim of an IED explosion. He suffered face wounds as a result of the attack, but he will live to fight again because he was wearing his ballistic goggles. Shrapnel is embedded in the lens instead of being embedded in his eye, possibly causing blindness or death.

Cost of one set of goggles: \$55.00  
Cost of the eyesight or life saved by wearing these goggles: Priceless

**BALLISTIC GOGGLES SAVE LIVES. WEAR THEM!**

**own the EDGE**  
Composite Risk Management

U.S. ARMY  
<https://crc.army.mil>

*A tip of the campaign hat to this week's ...*

### Drill Sergeants of the Cycle From the 'Roadrunners' Battalion



**Staff Sgt.  
Jason Wideman**  
Company A,  
1st Battalion,  
61st Infantry  
Regiment



**Staff Sgt.  
Robert Ferguson**  
Company B,  
1st Battalion,  
61st Infantry  
Regiment



**Staff Sgt.  
Aaron White**  
Company C  
1st Battalion,  
61st Infantry  
Regiment



**Sgt. 1st Class  
Thomas Washington**  
Company D,  
1st Battalion,  
61st Infantry  
Regiment



**Sgt. 1st Class  
John Bailey**  
Company E,  
1st Battalion,  
61st Infantry  
Regiment



**Staff Sgt.  
Ronald Parker**  
Company F,  
1st Battalion,  
61st Infantry  
Regiment



# NEWS

## AFCC advance team gears up for classes

**Susanne Kappler**  
Leader Staff

The first classes at the new Armed Forces Chaplaincy Center are not scheduled to begin until February, but an advance team has been working on establishing the center since August.

The team of five consists of Air Force, Army and Navy chaplains and chaplain assistants.

The team members act on behalf of their chaplain schools' commandants to facilitate the move of the Air Force Chaplain Service Institute, the Naval Chaplain School and the Navy's Religious Program Specialist School to Fort Jackson.

The team divides its time between tending to construction-related issues; planning training; and acting as a liaison for the AFCC with the installation and Base Realignment and Closure representatives, said Navy Chaplain (Cmdr.) J.P. Hedges.

The move to Fort Jackson is not without challenges, admitted Air Force Chaplain (Lt. Col.) Gary Ziccardi.

"Our hub has historically always been at Maxwell Air Force Base, (Ala.)," Ziccardi said. "Our Air University is there, our library is there. Being geographically separated from that is a challenge."

However, being close together allows chaplains from all services to prepare for future assignments.



Graphic provided by U.S. Army Chaplain Center and School

***This graphic rendering depicts the building that will house the Air Force and Navy chaplain schools. In addition, the building includes a 300-seat auditorium and shared classrooms. Construction is projected to be completed by November.***

"Our chaplains will deploy in an inter-service environment, where they'll work with the Air Force, Navy, Army and the Marines," Army Chaplain (Maj.) Gary Payne said. "Just to have that preparation before they have to figure it out downrange, I think is a big help."

Despite a common misconception, the AFCC does not constitute a joint organization, Hedges emphasized. Each school will continue to provide service-specific training, but in a co-located environment.

Payne explained that being co-located provides opportunities for the chaplain schools to work together.

"Each (service) does things a little differently and they have their own culture, yet with the Armed Forces Chaplaincy Center we are also going to have shared training," he said. "There are things that are common to our ministries, like counseling, suicide prevention and a lot of other subject areas that we can work on."

For now, the schools are planning to

conduct 44 hours of shared training per training cycle.

"The Interservice Training Review Organization set how many hours we are going to have shared, but we're still exploring further opportunities to see if we can do more training together," Hedges said.

Ziccardi expressed his optimism that once the AFCC is operational, more opportunities for cooperation between the schools will arise.

"The commanding officer of the Naval Chaplain School and the commandants of the Army and Air Force chaplain schools are very positive and optimistic about the possibilities for the future for shared training opportunities," Ziccardi said. "Once we're on the same piece of real estate, the conversations will unfold and multiply."

For the Navy, an added benefit is that all members of the religious ministry team will train at the same location for the first time. Currently, religious program specialists — the equivalent to chaplain assistants — train at the Naval Air Station in Meridian, Miss.

"The big thing for the Navy is that the chaplains and the religious program specialists have never trained together before. That's going to happen now, so we're excited about that," Hedges said. "It's going to be a good thing — coming together."

*Susanne.Kappler1@us.army.mil*

## Annual motorcycle rally to promote safe riding

**Julia Simpkins**  
Leader Staff

The Fort Jackson Safety Office invites all Soldiers and DoD Civilian employees to participate in the second annual Victory Thunder Motorcycle Rally starting at 11 a.m. March 31 at the MG Robert B. Solomon Center.

While the perks of showing up include food and prizes, Safety Officer Sean O'Brian said the point of the rally is for participants to learn more about safe riding.

"The purpose here is to promote safe riding through education," he said.

The education will come in the form of updates from senior leaders, as well as an accident briefing.

The event will open with a courtesy helmet and motorcycle inspection, after which cyclists will have a chance to stage their bikes for the ride-in bike show.

The show, which pits bike against bike for style, will

be judged in categories for sport, cruisers and custom bikes. Trophies will be awarded to first-place winners in each category.

The pinnacle event is the Thunder Run, when all the bikers will ride 17 miles around Fort Jackson in a show of solidarity.

"Motorcycle riders tend to be a community within a community," O'Brian said, "I think it's good to give them an opportunity to meet and have fun."

Sponsors will be selling food and biker-friendly wares to participants and their guests.

To participate in the Thunder Run, bikers must have a valid motorcycle safety card, as well as a Department of Transportation-approved helmet and all required personal protective equipment. Riders will be given a mandatory safety briefing before taking off.

For more information, call the Fort Jackson Safety Office's motorcycle information line at 751-RIDE.



Leader file photo

***More than 100 riders participated in last year's inaugural rally.***

## Jobs *(continued from Page 1)*

down. When that happens crime goes up," said Sheriff Leon Lott. "Our president and Congress realize that, and they are pouring money into law enforcement to get more cops on the street."

According to the department's public information officer, the department is at full strength. However, it has been awarded a \$1.5 million grant and plans to add at least 15 additional deputy positions.

"Where do we get these people," Lott asked. "We can't just have a warm body." "You have to have somebody who is trained, somebody who is experienced, somebody who can go out there and represent not only your law enforcement agency, but someone who can do so in a good way."

"Sometimes we look for complicated answers to a problem. This is a very simple answer. They have Soldiers who are trained, who are experienced. We should

take advantage of that."

McQueen agreed that it is a natural fit, not only for Soldiers who have military police backgrounds, but for all Soldiers due to the discipline, respect and selfless service they have already exhibited.

"These Soldiers have already been trained, a number of them have been deployed, and they have attained what I call global sensitivity — they've gone into an area, they've learned the ethnic groups, they've learned the religious groups and

they've been able to work within that country in order to bring about a change for the better," McQueen said. "They can bring that same type of sensitivity to our communities which continue to grow in diversity with multiple ethnic groups and religious groups."

The Army Reserves plans to open EPI to all services. To learn more about the program, click on the EPI logo on the Army Reserve Web site at [www.usar.army.mil](http://www.usar.army.mil).

*Michael.A.Glasch@us.army.mil*



# YEAR OF THE NCO



## NCO spotlight on ...

**Rank, name**

Sgt. 1st Class Londi Farrow

**Unit**

G3

**Job title / Military Occupational Specialty**

Training NCO for the training division / 11B Infantryman

**Years in service**

20 years

**Marital status**

Single

**Highest education**

Bachelor's degree in Social Science

**Hobbies**

"I love sports. And I love fishing and hunting."



Photo by Susanne Kappler

**Sgt. 1st Class Londi Farrow has been in the Army for 20 years. Among his assignments was a tour of duty as a drill sergeant at Fort Sill, Ok.**

In the 20 years Sgt. 1st Class Londi Farrow has served, he has been deployed to Afghanistan and Iraq.

He has been stationed at Fort Campbell, Ky., Hawaii, Fort Sill, Okla., Fort Drum, N.Y., United States Military Academy at West Point and Fort Jackson.

He said his most memorable experience in the Army was deciding to re-enlist after his first three years in the service.

"I had all the leadership talk to me, all the way up to the brigade commander. They were asking me to stay in."

One of the people who influenced him most throughout his career was Curtis O'Neal, now a sergeant major. O'Neal served with Farrow twice, in Hawaii and at Fort Campbell.

"He's always given me good knowledge and leadership skills to live by," Farrow said about O'Neal.

Farrow plans to retire in the Fort Campbell area after his current tour ends in two years. Until then, he hopes to mentor other noncommissioned officers.

His advice for junior enlisted Soldiers: "Know the standard. Adhere to the standard. Enforce the standard. You're going to make mistakes, you just have to live with them and keep going on. Just don't make the same mistake twice."

We salute you!

### The NCO Creed

No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as "the backbone of the Army." I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

## Drill sergeant stands a fighting chance

**Susanne Kappler**  
Leader Staff

When Staff Sgt. Anitra Randall went through Basic Combat Training 12 years ago, Modern Army Combatives was not part of the curriculum.

Now, Randall is a drill sergeant with Company E, 2nd Battalion, 39th Infantry Regiment and one of roughly 150 female Soldiers in the Army who are certified as a Level III combatant — the second highest level attainable.

Randall was certified at Level I during her preparation to become a drill sergeant, but decided to take her training further soon after she got on the trail.

"I really didn't have a niche at my company at that time," she said. "I was trying to find something that was for me. I already knew that I was 'rough and tough' anyway."

Randall said she decided to continue her training because she wanted to improve her technical fighting skills. She recently spent four weeks at Fort Benning, Ga. to obtain her Level III certification.



Photo by Susanne Kappler

**Staff Sgt. Anitra Randall, left, explains combatives techniques to Soldiers in Company E, 2nd Battalion, 39th Infantry Regiment at the battalion Saturday.**

"Level III is more advanced because it incorporates fighting while standing up," she said. "You learn how to box standing up and you learn more take-downs and more wrestling techniques."

Randall was the only female in her class,

which automatically paired her against male Soldiers during practice fights.

"The first fight, I was fierce. I went all out with it," she said. "And, of course, since I was going all out, my counterpart went all out. He caught me in the eye. So

after that, I learned to keep my hands up to protect my face. I didn't win, but I think I did well."

Randall plans to obtain Level IV certification in the future, which would put her in exclusive company. Currently, only one female Soldier on active duty is Level IV-certified.

Randall said she would not mind working as a combatives trainer after her tour as a drill sergeant is over. But for now, she is satisfied to have found her niche.

"I'm very happy with training the Soldiers that we have here," Randall said. "When you teach them a technique and they come back to you and say, 'Drill sergeant, that really works.' That makes me feel good."

In addition, she takes pride in the fact that other female Soldiers get motivated when they see that a female drill sergeant excels in hand-to-hand combat.

"You can just see it in their eyes," Randall said. "A lot of them say, 'If she can do it, then I can, too.'"

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# FEATURE

## Soldiers apply Army Values to serve community

**Mike A. Glasch**  
Leader Staff

Loyalty.  
Duty.  
Respect.  
Selfless Service.  
Honor.  
Integrity.  
Personal Courage.

Of the Army Values the leadership of the 187th Ordnance Battalion tries to instill every day in their Advanced Individual Training Soldiers, Selfless Service has become one the Soldiers are learning in a non-traditional setting — while cleaning up areas of Columbia.

The battalion has formed a partnership with the city's parks and recreation department. Each class must complete a class project before it can graduate. So far, some of their projects have included volunteering to help the city clean up Granby Park, as well as Griffin Park.

"We're trying to show the Soldiers more of a partnership way of thinking, that the Army is there to support the community no matter where they go," said the battalion's top NCO Sgt. Maj. Karl Schmitt. "You can make a difference; you can help within your community if you just go out and look. It doesn't necessarily have to be in Iraq or Afghanistan. There are always people who need help."

Staff Sgt. Alvin Griffin, S-3, has seen how the Soldiers who have been involved in the projects have grasped that concept.

"It instills in them another side of the military. A lot of these young Soldiers, when they first come into the Army all they think the Army is, is war, war, war," he said. "But when you pull them out to help within the community, they see that we are multi-talented. It instills in them helping the community also."

The idea to partner with the city came after preparing during a possible hurricane threat last year. Schmitt said at that time



Photo by Ashley Henry

**Pvt. Joshua Stephenson, Company B, 187th Ordnance Battalion, takes part in a community event to beautify the Greenview Park area in North Columbia. The Soldiers worked alongside community volunteers.**

the battalion was tasked to prepare to help the city with evacuation plans. When the hurricane threat passed, he and the battalion commander, Lt. Col. Christopher Richardson, began talking about what

more they could do for the city.

"When it (the hurricane) didn't hit, that got us thinking, 'Why can't we do this for the city all the time? Why do we have to wait for a national disaster to do some-

thing for the community?'" Schmitt asked.

That's when Richardson met with the city manager, the city planner and the city council and formed their partnership. Schmitt said it has been an association that has benefitted both the city and the Soldiers involved.

"When our Soldiers get their off-post passes the only places they know are Five Points and the Vista, but there is so much more the city has to offer," Schmitt said. "We're slated to help to do some work in Finlay Park. When we were explaining to the Soldiers that this is where the open concerts are during the summer. They were like, 'When do the concerts start? What do they do?' It's given them a little bit more of Columbia to see."

When the Soldiers are involved in a project, they work side-by-side with city employees as well as with people who live in that particular community.

"What a better thing to show the city of Columbia than 100 Soldiers in ACUs out there in the community picking up trash with them? In the bigger picture, we are showing the community that Fort Jackson supports them," he said. "In turn, I think we can use this as a recruiting tool as well."

Master Sgt. Bryan Kernan said he has noticed that people in the community get a better understanding of what it means to be a Soldier.

"Since this is a training post, a lot people in the community don't see Soldiers on a regular basis. Even though we have a large number of active duty Soldiers on post, not all of them are interactive with the community because they are involved with training and don't have a lot of opportunities to get off post," he said. "So when they see Soldiers out there helping, assisting, I think that gives a different light to what Soldiers are here for. Civilians get to see the Army values at work."

*Michael.A.Glasch@us.army.mil*



# NEWS

## Red Cross delivers messages with care

**Denise Cuenin**  
*American Red Cross*

During an average month, Fort Jackson Soldiers receive about 300 American Red Cross Emergency messages from family. The messages are often upsetting, concerning the death, serious illness or injury of a family member. However, there are happy messages as well, delivering the good news of healthy births. American Red Cross caseworkers and their predecessors have been sending and delivering emergency messages on behalf of United States service men and women since World War I.

Today, using Internet technology, Red Cross caseworkers who work within the services to the Armed Forces department carry on the tradition of verifying and transmitting emergency messages.

This service touches active duty, activated Reserve and National Guard members, military retirees, DOD Civilians and U.S. Embassy personnel serving and living at worldwide locations and their families. No other organization in the world provides this service. Since 2002, the Red Cross has sent more than two million messages around the world on behalf of the Armed Forces.

The messages have normally been pre-validated by the American Red Cross chapter staff in the city where the message originates. When a unit command receives a message, leaders know it has not been embellished or understated in the transmission. This allows the command to make an informed decision on whether emergency leave is appropriate for the service member involved.

Throughout the last few years, this important process has been improved using an Internet-based network that allows American Red Cross volunteers and workers across the country to work together to deliver messages fast and accurate. What has never changed is the careful handling of personal information and the compassion of those working this program.

One day a week, Linda Crimmins volunteers as a case



*Courtesy photo*

***Debra Thompkins volunteers at the Red Cross three days most weeks, delivering messages and training other volunteers on the process.***

worker at the American Red Cross office at Fort Jackson, delivering emergency messages. She does all her work sitting at a computer with a phone nearby.

Although Crimmins does need good computer skills to accurately research and record each message, her warm-hearted delivery is a true must for the position. It is the human contact with the Red Cross caseworker that is the true heart of the program. Each message requires some research to locate the Soldier's unit and reach someone authorized to receive the message.

As time permits, messages are drawn from the cooperative queue and delivered as needed in a compassionate and clear manner, often to other bases and posts across the United States. Crimmins uses a detailed online unit directory with specific instructions to guide her in locating the Soldier, Airman, Sailor or Marine, whether he or she is in training or deployed.

Some messages can be very time consuming. After duty

hours, work continues from a central location, ensuring messages are not delayed.

Before becoming a case worker, Cummins receive one-on-one training on the basic program, use of the technology and the appropriate protocols for delivering and documenting the delivery of messages. Before any Red Cross case worker can work alone, he or she must complete formal classroom and online training. Difficulties locating a service member are also documented in order to receive additional information quickly.

"Nothing sits on anyone's desk," said June Kinzie, an American Red Cross Reservist, working temporarily on staff at Fort Jackson. "If a message can not be delivered right away, it is electronically dispatched back into the system to ensure the additional information needed to allow delivery is worked on immediately."

American Red Cross staff also work hard to make sure Soldiers and their families are informed about this American Red Cross service and what information is needed before an emergency occurs. They speak to Soldiers' families at Family Day gatherings for all Basic Combat Training classes as well as to Soldiers deploying and in other training environments.

"Making sure your family knows where you are stationed and the full unit designation of your assigned unit is critical to getting messages delivered quickly," said Debra Thompkins, casework chair for Fort Jackson.

In addition to messages delivered to Soldiers in the continental United States, messages sent to war zones and overseas are dispatched to the American Red Cross headquarters, which ensures messages are directed to the correct supporting ARC location in Iraq or Afghanistan, Kuwait, Europe, and the Far East. In deployed settings, the American Red Cross office is staffed around the clock. Spanish language services are also provided by American Red Cross headquarters staff, to ensure accurate communication and translation.

## Creating budget first step to financial health

**LaTonya Boston**  
*Financial Planner*

*Part one of two.*

As we cope with the current economic madness, everyone is trying to figure out a way to stay afloat. For far too long, Americans have spent money so frivolously that it is amazing to see how quickly it all came to a screeching halt.

The word budget did not fall completely from our vocabulary, but it certainly did not dictate our day-to-day financial routines. Now the word budget has made its way back to kitchen table financial discussions.

It has been so long since we had to complete a budget, it seems necessary to review some guidelines.

It does not matter whether a person is financially sound or in financial disarray: A budget is necessary.

A person's financial situation is a house of cards without a budget. Everyone's financial foundation starts with a budget. The only way to understand how money is being spent is through a budget. One cannot have complete control of his or her money without a budget.

Have you intended for 50 percent of your

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money to be used for car payments or did you intend for the cell phone companies to be taking several hundred dollars a month at the expense of paying down some credit card debt?

One cannot make these types of decisions or exhibit the needed control over his or her money without a budget.

Completing a budget requires some steps to follow:

— Identify just how much money is coming into the household. Many people are shocked to realize just how much money they actually make.

— Identify how you are currently spending your money. For 30 days, track your spending. Write it down, keep receipts, keep copies of bills paid, monitor your spending habits as they stand right now with no attempt at correction.

— Once the 30 days are past, go back and review. Categorize your expenses into the following buckets: Shelter (rent, mortgage, utilities); Food (groceries, dining out); Transportation (gas, car insurance, maintenance, property taxes); Installment debt (car

payment, student loan payments, credit cards, and other loans); Savings; and Miscellaneous.

Ideally, these categories should make up a certain percentage of our take home pay. Shelter should be 30 percent of our take home pay, food should be 20 percent, transportation should be 18 percent, installment debt should be 20 percent, savings should be 10 percent and miscellaneous should represent 2 percent of your take home pay. Once you categorize your expenses, divide each category by your total take home pay to see how you compare against the ideal percentages.

— Now that the review is over, what changes can be made? In these tough economic times, everything is on the table as far as making changes. Identify what can be changed and set these changes as new goals to live by.

Now that you've identified some changes, monitor yourself.

If using software to track your budget is easier to do, then use it. There are various calculators available at [www.militaryonesource.com](http://www.militaryonesource.com).

It is also perfectly OK to do a budget on

paper. The point is to find a system that works best for your household. The Financial Readiness Group at the Army Community Service center uses a budget worksheet for its budget counseling appointments that clients are free to use. If the process of getting started with a budget is too overwhelming, feel free to call them at 751-5256.

When evaluating your spending habits, do not drive yourself crazy trying to account for every dollar.

Once you categorize your spending, pay attention to those categories. Is your electric bill preventing you from making your car payment, if so, then figure out a way to either turn the thermostat back or call the electric company to be placed on a budget plan.

Concentrate on categories and then work to come up with solutions. The budgeting process is about figuring out what can be cut, expanded, and redirected.

For more information on budget counseling or if you have questions regarding any other financial matters, contact the Army Community Services Financial Readiness Program at 751-5256 or e-mail [Madelyn.Mercado@us.army.mil](mailto:Madelyn.Mercado@us.army.mil).



# FEATURE

# Polishing their brass

Army musicians hone their skills during two-day horn workshop



Photos by Crystal Lewis Brown

**Above: Staff Sgt. Joe Heaton, front, and Spc. Andrew Dykes, with the Fort McPherson, Ga. Horn Quartet, play a practice piece Tuesday during a horn clinic hosted by the 282nd Army "Victory" Band.**

**Right: Sgt. Lawrence Patterson, Staff Sgt. David Newcomb, Spc. Daniel Parker and Spc. Jessica Thayer (from left), members of the 282nd Army "Victory" Band trombone quartet, play a prepared piece to be critiqued by the American Horn Quartet.**



## Crystal Lewis Brown Leader Staff

For weeks, one Fort Jackson unit has been awaiting a visit from the top brass — literally.

The 282nd Army "Victory" Band hosted a series of coaching sessions and master classes — taught by the American Horn Quartet — aimed at helping brass ensembles make their craft even better. Despite its name, the American Horn Quartet comprises four Americans who live in Europe. The group was established in 1982, and its members have won several awards as soloists.

"We're always looking for professional development opportunities," said Spc. Daniel Parker, who plays the trombone with the 282nd Army "Victory" Band. "It's like the Army Band version of a field exercise."

Groups from Fort McPherson, Ga., Fort Gordon, Ga., University of South Carolina, Bob Jones University and Augusta State University also came to the two-day clinic.

Parker said hosting clinics such as this one not only gives band members a chance to work their musical muscles, it also provides the opportunity for local musicians to get together.

"It's for professional development, but it's also for outreach. It kind of serves a multi-faceted purpose," he said.

The session ended Wednesday with each of the different groups playing together.

"It's not a formal concert. We're just getting together for a geeky band version of a jam session," Parker said jokingly.

The members of the American Horn Quartet — David Johnson, Kerry Turner, Charles Putnam and

Geoffrey Winter — each conducted a coaching session for the various groups. The group would play a prepared piece, which a quartet member would then critique. The quartet also conducted master classes and offered individual lessons.

Winter, who has been with the group about 20 years, said the quartet routinely tours the globe, either performing or teaching.

"The only continent we haven't been to is Antarctica," he said.

When teaching, group members try to stress the importance of connecting with the audience.

"You need to remember, as a musician it's not just playing your instrument, it's about the emotion you want to convey to the audience," he said. "That is ultimately what any entertainment job is."

The quartet teaches clinic participants what they call, "the machine" — a conglomeration of pulse, pitch, articulation, balance and other key aspects of musicianship. Once that technical knowledge has been mastered, musicians can move on to deciding what they want the music to "say."

"What we'd like to see is that they understand the importance of the machine," Winter said. "If you want to have a successful ensemble, our suggestion is to learn these things first."

For an Army band, being able to convey emotion through the music is key, especially when playing for deployed troops.

"Music is such an important part of the human expression," he said. "(It can) help the people forget where they are for a little while and remember home."

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# OPINION — EDITORIAL

## America needs an obesity bailout plan

**Maj. Thomas Hundley**  
*Moncrief Army Community Hospital*

On Feb. 17, economic stimulus legislation was officially signed into law. Many American corporations are hoping that this act paves the way for the financial bailout they need to correct their errors of greed or poor management.

If you think about it, things are not too much different when it comes to our health and fitness. The same greed and poor management is the cause of more than 60 percent of the American population needing an obesity bailout plan to correct the errors of their ways.

Today, I would like to provide you with my own stimulus plan. This plan follows a simple and logical doctrine which is essen-

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tial to all families during this time of economic crisis. It provides the right amount of nutrition, fitness and health improvements while saving time, money and resources.

Chapter one of the 2009 Obesity Bailout Plan is called Recession Proof Eating. Here are a few tips to help you maximize your food budget during this economic crisis.

#### A Can, A Pan and a Plan

The best way to beat these economically challenging times is to make meals that are healthful, hearty, and cheap. Creativity is a plus here.

For example, my favorite is to combine a can of turkey chili, whole kernel corn,

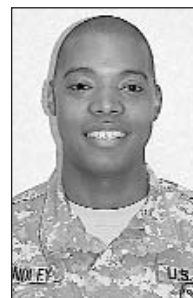
black beans and diced tomatoes in a pan and cook for 15 minutes. Total cost, including leftovers — \$3.76. The taste and nutritional value: Priceless.

#### Eat Today,

#### Eat Tomorrow

Speaking of leftovers, there is no easier way to save money on meals than by getting two or three meals for the price of one. Just envision the at-home version of a doggy bag.

Using my chili combination above, a person can eat lunch and dinner twice. That averages out to about \$.94 per meal.



**Maj. Thomas Hundley**

Not even a fast food dollar menu can compete with that logic.

#### You Make it, You Take It

Eating out each day can lead to a busted bank account and a busted waist line.

Think about it: Does it really seem wise to spend more than \$200 at the commissary buying food for your home, but spend eight to 12 hours each day away from home and away from the food?

Stop letting that hard-earned money spoil in the fridge. Make a sandwich, make a soup, or make a meal, and take it with you.

Following these tips will help you to save money while reducing your waistline. With a little hope, maybe we can get this stimulus plan signed into law.

## Soldiers' families should be aware of 'Gaposis'

**Jacey Eckhart**  
*CincHouse.com*

Last week, I was part of a team giving speeches to a deployed squadron that was about to head home. The chaplain prepared his 'Ten Commandments of Homecoming' brief. The lady from family services dropped by to remind everybody not to take over the checkbook. Me, I was busy forgetting important stuff I wanted to tell these service members.

I hate that. I love speaking with the service members, but I hate not being able to tell them every single thing they need to know. These guys get the basics of Homecoming from the command. They really do. For example, we always remember to tell the service member to get involved with the family again. To give it time. To wait to reassert their authority over teenagers.

But the official folks forget to tell the service members that if they plan to do this deployment thing more than once in their lives, they gotta learn the emotional subtleties, too. Because it is all about the subtleties. We never do remember to tell them about the subtle stuff like "Gaposis."

Yeah, Gaposis. It's a technical term that I just invented. Gaposis refers to the barely perceptible gaps in family life that open the first few days in which someone comes home from deployment.

Here is how it usually works. A guy gets home and the

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first day is all about him. We family members have to kiss him, feed him, pat him, celebrate him, talk him up, call his mom. Then we notice that the poor guy is exhausted and suffering from the time zone change so we put him to bed.

That's all well and good. Very, very, verrrrrrrry good. But the next day no one tells the service member that all that coddling will start winding down before he actually has the energy to get back on board with the family. No one tells him that there will be a test. That the home phone will ring. There will be a certain pause, a definite, measurable gaposis in which the entire family is waiting for him to jump up and answer the phone.

If the service member hasn't been warned to watch out for gaposis, he probably won't automatically jump up to get the phone. He knows the call is not for him. He hasn't been home in seven or eight months. He hasn't placed any calls. If his work was calling, they would use the cell phone. It makes sense for him to let someone else get the phone. Still, there is a pronounced pause. Because this is gaposis. It is the family silently creating a space for the service member to take back his place as a genuine, all-purpose, 100 percent phone-answering member of the family.

Service members report that the same thing happens

when a toddler falls down and cries. Or when a preschooler needs to be put to bed. Or someone needs to be driven to Sarah's house. A gap opens up in which everyone is waiting for the service member to jump in and do-no matter how tired he is. Female service members report that they don't even get the benefit of the gaposis-their families expect that they will have already jumped in and done.

The problem with gaposis is that it is full of opportunities for our service members — male and female — to feel dumb. After months away from the family, they don't know why the toddler is crying or how to fix it. They don't know that the preschooler now hates to get his hair washed so you have to use the SpongeBob visor. They could not find Sarah's house if it was lit up with Christmas lights in July. No wonder our returnees want to ignore the gaposis.

Someone should tell them that they can't. They can't afford not to jump on the gaposis. To ask how. To wonder why. To feel dumb. That is part of the price of deployment. Service members have to be willing to jump back on the family merry-go-round in these low key ways.

Gaposis is subtle.

We family members know it is subtle and lasts for such a short time. So our service members have to be ready. They have to pay attention. They have to leap wildly, clumsily, thoroughly on every gaposis that comes their way.

### LETTER TO THE EDITOR

Recently my family and I were traveling home to Conway, S.C. from a volleyball tournament in Greenville, S.C. My 15-year-old daughter who played in the tournament was sleeping in the back seat. It was around 7 or 7:30 p.m.

Just outside of Florence, she woke up to find herself wrapped in her seatbelt. She tried to get out of it, and, in the process, got it tighter around her waist. When she released the seatbelt button it only made the belt tighter. We then pulled off Interstate 20, just past the Lee State Park Road exit to try and help her.

We had nothing to cut the seatbelt, and she began to have trouble breathing. We were all panicking. My wife called for help, and it was on the way, but it was going to be a few minutes before anyone could get there.

I started to flag people down for help. There must have been 50 cars, several truckers and even a couple of moving

#### Writing to us

The *Fort Jackson Leader* is accepting letters to the editor. Letters must be submitted to the *Leader* by noon, Monday, and must include a phone number so that we can verify the letter. The *Leader* reserves the right to edit letters for style, grammar and to fit the space. To submit a letter to the editor to the *Leader*, e-mail it to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

company vans that passed by. No one stopped!

Then a smaller model white sports car stopped. In this small car was a petite woman in her mid- to-early 20's. She thought she may have something to cut the belt in her trunk.

She had a box cutter blade buried in there.

As I tried to comfort and console my daughter, the woman took charge and began to cut the seatbelt. Within moments she had the belt cut and my daughter was free.

I only know this young lady's last name as it was embroidered on her fatigues — Martin.

She was going home to Florence, S.C., to a child of her own. That young lady didn't have to do what she did that Saturday evening, but my family and I thank God she did.

I hope with the way our Armed Forces can communicate, someone will know Martin.

We are so grateful to you for the courage it took to stop and help strangers in need.

You serve your country well, Martin.

Thank you.

— Steve Tidwell, Conway, S.C.



# DHR

# Discussing inhalants may prevent tragedy

### Army Substance Abuse Program

If you think “huffing” is just something the Three Little Pigs had to watch out for, the wolf may come knocking at your door.

Huffing, bagging and sniffing are terms for inhalant use, a cheap, legal and accessible way that young people are getting high. The Army Substance Abuse Program and the National Inhalant Prevention Coalition are promoting awareness of the dangers and popularity of this deadly practice.

Inhalants are an equal opportunity form of substance abuse: they are used by young people of all economic levels and all ethnic backgrounds.

Every year, young people in this country die of inhalant abuse. Hundreds suffer severe consequences, including permanent brain damage, loss of muscle control, and destruction of the heart, blood, kidney, liver and bone marrow.

Many youngsters say they begin sniffing when they are in grade school. Almost one in every five eighth graders has intentionally inhaled household chemicals to get high, at the risk of brain damage and even death. They say they start because they feel like these substances cannot hurt them, because of peer pressure, or because of low self-esteem. Inhalant use, most common in the 10-12 age bracket, is also considered a “gateway drug” — a student’s first form of substance abuse before “graduating” to other drugs. Once hooked, these victims find it a tough habit to break.

The following questions and answers will help you identify inhalant abuse and understand what you can do to prevent or stop this problem.

*What is inhalant abuse?*

Inhalant abuse is the deliberate inhalant or sniffing of common products found in homes and school to obtain a “high.”

*What are the effects of inhalant abuse?*

Sniffing can cause sickness and death. For example, victims may become nauseated, forgetful and unable to see things clearly. Victims may lose control of their body, including the use of arms and legs. These effects can last 15 to 45 minutes after sniffing.

In addition, sniffing can severely damage many parts

### ASAP Calendar of Events

A *Unit Prevention Leader* class is scheduled for March 27, 7:30 a.m. to 4:30 p.m. at 3250 Sumter Ave. It is required training for newly assigned UPLs and includes training on drugs and alcohol, biochemical testing and substance abuse prevention. Seating is limited so get request forms in early. The uniform will be duty uniform.

The Army Substance Abuse Program provides prevention and education to the community on topics pertaining to alcohol and other drug usage.

ASAP maintains a wide selection of pamphlets and videos that can be used to get a better understanding of the dynamics of substance abuse and use.

ASAP staff is available to give presentations on alcohol and drug abuse.

For questions about classes offered or about substance abuse, call 751-5007.

of the body, including the brain, heart, liver and kidneys.

Even worse, victims can die — without any warning. “Sudden Sniffing Death” can occur during or right after sniffing. The heart begins to overwork, beating rapidly but unevenly, which can lead to cardiac arrest. Even first-time abusers have been known to die from sniffing inhalants.

*What products are abused?*

Inhalants are as close as your kitchen sink. Ordinary household products, which can be safely used for legitimate purposes, can be problematic in the hands of an inhalant abuser. The following categories of products are reportedly abused: glues/adhesives, nail polish remover, marking pens, paint thinner, spray paint, butane lighter fluid, gasoline, propane gas, typewriter correction fluid, household cleaners, cooking sprays, deodorants, fabric protectors, whipping cream aerosols, computer cleaning fluid, air freshener, nitrous oxide, degreasers, shoe polish and air conditioning coolants.

*How can you tell if a young person is an inhalant abuser?*

If someone is an inhalant abuser, some or all these symptoms may be evident:

- Unusual breath odor or chemical odor on clothing.
  - Slurred or disoriented speech.
  - Drunken, dazed, or dizzy appearance.
  - Signs of paint or other products where they wouldn’t normally be, such as on the face or fingers.
  - Red or runny eyes or nose.
  - Spots and /or sores around the mouth.
  - Nausea and/or loss of appetite.
- Chronic inhalant abusers may exhibit such symptoms as anxiety, excitability, irritability, or restlessness.
- What could be other telltale behaviors of inhalant abuse?*
- Sitting with a pen or marker near nose.
  - Constantly smelling clothing sleeves.
  - Showing paint or stain marks on the face, fingers, or clothing.
  - Hiding rags, clothes, or empty containers of the potentially abused products in closets and other places.

*What is a typical profile of an inhalant abuser in the U.S?*

There is no typical profile of an inhalant abuser. Victims are represented by both sexes and all socioeconomic groups throughout the U.S. It’s not unusual to see elementary and middle-school age youths involved with inhalant abuse.

*What can you do to prevent inhalant abuse?*

One of the most important steps you can take is to talk with your children or other youngsters about not experimenting with inhalants. In addition, talk with your children’s teachers, guidance counselors, and coaches. By discussing this problem openly and stressing the devastating consequences of inhalant abuse, you can help prevent a tragedy.

If you have any questions about substance abuse, please call ASAP at 751-5007.

**Editor’s Note:** The source for this article was the *National Inhalant Prevention Coalition* and the *U.S. Consumer Product Safety Commission*. For more information on the *National Inhalant Prevention Coalition* visit the web site [www.inhalants.org](http://www.inhalants.org). For more information on the *U.S. Consumer Product Safety Commission* visit the web site [www.cpsc.gov](http://www.cpsc.gov).



# COMMUNITY HIGHLIGHTS

## This Week

**Today**  
The Army Community Services **Financial/Relocation Initial PCS class** is held 8:30-10:30 a.m. at the Education Center, Room B302.

Members of the **South Carolina Philharmonic** will perform at "Lunch & Listen," a music series sponsored by the Richland County Public Library, 12:30-1:30 p.m. today in the main library at 1431 Assembly St.

**Bingo** games will be held at 5 p.m. at the Balfour Beatty Community Management office.

The games are open to all ages. For information about Balfour Beatty events, call 738-8275.

The James Webster Smith chapter of **ROCKS** will hold a **Preparation of OERs and NCOERs** class at 5:30 p.m. at the Post Conference Room.

For information, call 751-1898.

**Friday**  
The **Ridge View Men's Soccer** club is holding soccer games, themed, "Support Our Troops Night" Friday at Ridge View High School on Hardscrabble Road.

The Junior Varsity will begin at 5:45 p.m. and Varsity will begin at 7:30 p.m.

The Blazers will be hosting their long-time rivals, Spring Valley.

For information, e-mail Michelle Bishop at [dmbishop1@bellsouth.net](mailto:dmbishop1@bellsouth.net).

**Tuesday**  
The Army Community Services **Exceptional Family Member Program** support group meets 3:30-5:30 p.m. at Century Lanes Bowling Center.

For information, call Cheryl Jackson at 751-5257.

**Wednesday**  
The Army Community Services **Steps to Federal Employment** class is 8:30-11:30 a.m. at the Strom Thurmond Building, Room 222.

The Army Community Services **Levy Briefing** is 2:30-3:30 p.m. at the Strom Thurmond Building, Room 213.

The **Welcome Home Warriors Drop-in Reception** is held from 11 a.m. to 3 p.m. at the Dorn V.A. Medical Center, Building 106, Room D100. There will be a cookout and door prizes.

For more information, call Stacey Davis at 776-4000, ext. 7303 or Janet Kaufman at 695-6780.

The **Greater Columbia Chapter of the U.S. Amateur Ballroom Dancers Association** will hold their next dances 7:30-10:30 p.m., Saturday and Wednesday at the Hugh Dimmery Memorial Center, 680 Cherokee Lane, West Columbia.

Dress is casual and admission is \$5 for members, \$8 for non-members.

For more information, call Mike Verdone at 407-0132.

## Announcements

**Alumni, faculty sought**  
The Director of Plans, Training, Mobilization and Security, Rhett Risher, is looking for students and teachers who were at Hood Street Elementary School during 1963-1966. Work is under way to build a commemorative marker there. Risher would like to collect personal memories for the marker.

Call Risher at 751-7524 or Denise Cuenin at 751-4096 to participate.

**Vehicle Registration hours**  
The Vehicle Registration office in the Strom Thurmond Building will close for lunch, weekdays 1-2 p.m. During that hour, the Directorate of Emergency Services will offer vehicle registration. For information, call Byron Jones at 751-6834.

**Career fair**  
A free hiring event for veterans and transitioning Soldiers will be held March 26 at the Lowes Motor Speedway from 11 a.m. to 3 p.m. For more information or to register, log on to [www.recruitmilitary.com](http://www.recruitmilitary.com).

**Soldiers needed**  
The 81st Regional Support Command Office of the Staff Judge Advocate has vacancies for six Reserve officers and

one Reserve noncommissioned officer (E-5). For more information, call Chief Warrant Officer 3 Kevin McSally at 751-2692 or Master Sgt. Denise Underwood at 751-0833.

**Fort Jackson Thrift Shop**  
Two jobs are available at the Fort Jackson Thrift Shop.

One is for a donation clerk, and the other is a cashier. Both are paid positions. To fill out an application, visit the Thrift Shop, Tuesdays from 9:30 a.m. to 2:30 p.m., and Thursdays from 9:30 a.m. to 5:30 p.m.

The shop also has a good selection of prom dresses in stock.

During Spring Break, April 6-10, the Thrift Shop will be closed.

**Financial readiness training**  
Self-paced computer-based financial readiness training is available to all registrants via the Lifelong e-Learning Center. Go to [www.myarmylifetoo.com](http://www.myarmylifetoo.com) to take the course. To speak to a financial readiness caseworker, call 751-5256.

**New safety center Web site**  
The U.S. Army Combat Readiness/Safety Center has launched a new Web site, which can be found at <https://safety.army.mil>.

**Financial planning help**  
Army Community Service has three certified financial planners available from 8 a.m. to 5 p.m., Monday through Friday to help Soldiers, retirees and family members with free and confidential advice. To make an appointment, call 751-5256.

**Employees' union meeting**  
The National Federation of Federal Employees GS Employees' Local Union 1214 holds its monthly meeting every second Tuesday at 11:30 a.m. on the first floor of Bldg. 4405, on Forney Street, across from Post Headquarters. For information call 751-2622 or e-mail [NFFE@conus.army.mil](mailto:NFFE@conus.army.mil).

**Soul Line dancing**  
A new Soul Line dancing session is under way. The cost is \$4 per class or \$20 per month for a membership, which includes access to all aerobic classes.

Dance classes are offered Tuesdays and Fridays. For more information or to register, call 751-4893/5317.

**Family Child Care Web site**  
The Family Child Care Web site, [www.armyfcc.com](http://www.armyfcc.com), offers installation program information about FCC for the general public. Interested parents may visit CYSS Central Enrollment or the FCC office to request a password to view FCC provider profiles.

**EO Training Web site**  
The Equal Opportunity Training Proponent has launched EO Net. The site

is available for anyone with a valid AKO account. For more information, visit <https://www.us.army.mil/suite/page/463396>. EO Net provides one-stop shopping for EO information and training material.

**Military OneSource**  
The Military OneSource call center is open around the clock for military personnel and family members. Call (800) 342-9647 or visit [www.militaryOneSource.com](http://www.militaryOneSource.com).

**\$2K referral bonus offered**  
Soldiers, U.S. Military Academy cadets, ROTC contracted cadets, members of the Future Soldier Training Program, Army retirees and Department of the Army Civilians can earn \$2,000 for referring their acquaintances to Army and Army Reserve recruiters.

For more information, visit [www.usarec.army.mil/support/bonus\\_program.htm](http://www.usarec.army.mil/support/bonus_program.htm).

**Post family housing landscaping schedule**  
Housing residents are reminded of the weekly landscaping schedule:

Mondays — Pierce Terrace 1 and 2;  
Tuesdays — Pierce Terrace 3 and 4;  
Wednesdays — Pierce Terrace 5 and 6;  
Thursdays — Howie Village and Pershing area;

Fridays — Pierce Terrace 7 and rain day make-up.

Residents should ensure the yard is clear of any obstacles that may prevent mowing, weeding and edging.

**BGC Midlands — Before school and After School Care**

Boys and Girls Club of the Midlands, through the Army School Age Programs in Your Neighborhood (ASYPN) initiative, offers care for children of Soldiers and authorized civilian employees who have early morning schedules.

This care begins at 5 a.m. at Killian Elementary School. Children will be transported to other schools by bus.

The cost of care is the same as before-school care on post and is based on total family income. After School Care enrollment is ongoing, and weekly fees range from \$12 to \$34, also based on total family income. Both programs are open to military and civilian employees.

For locations, times or more information, visit [www.bgcmidlands.org](http://www.bgcmidlands.org) or call 231-3300 or 751-6150.

To register, call the Boys and Girls Club of the Midlands at 252-9578.

**After School Program in Your Neighborhood**

The Boys and Girls Club of the Midlands has partnered with Army Child and Youth Services to bring quality programs to elementary schools in your neighborhood.

Programs being offered are after-school care, summer camp and before-school care.

# COMMUNITY HIGHLIGHTS

For more information, visit [www.bcgmidlands.org](http://www.bcgmidlands.org) or call, 231-3300.

**New Initiative for Transitioning Soldiers**

ACAP Express, allows Soldiers to use the Internet to register for Army Career and Alumni Program services, schedule a wide range of classes and use online tools to create resumes and cover letters.

Soldiers can use their AKO login to use <https://www.acapexpress.army.mil>.

**Balfour Beatty activities**

The Balfour Beatty Communities Foundation has a **scholarship program** for high school children of family housing residents.

To apply for a scholarship, logon to [www.bbcommunitiesfoundation.org](http://www.bbcommunitiesfoundation.org), and print and complete the application form.

Completed forms can be mailed to, Balfour Beatty Communities Foundation

10 Campus Boulevard  
Newtown Square, PA, 19073

The Balfour Beatty Communities LifeWorks Program has activities planned for Fort Jackson housing residents.

— Hero for Habitat Day is 1-3 p.m., March 27. Embark on a learning adventure with live animal encounters and learn how to preserv the environment. A representative from Riverbanks Zoo will be the special guest. All activities start or take place at the Balfour Beatty office at 5939 Thomas Court.

**Family Housing refuse collection**  
Refuse collection is scheduled for regular trash pick-up, recyclables and yard debris and bulk trash.

No trash of any kind may be put out before 7 p.m. the evening before scheduled pick-up day. The schedule for trash pick-up is as follows:

Mondays — Pierce Terrace 1,2,3 and 6.  
Tuesdays — Pierce Terrace 4,5,7 and Howie Village.

Wednesdays — recyclables and yard debris;

Thursdays — bulk trash.  
For more information, call 787-6416.

**DOVE Connection**

A DOVE Connection lunch and learn empowering women is set from noon to 1 p.m., the third Tuesday of each month at 5615 Hood St., Room 10.

For more information or to register, call

## Looking for a home



Photos by Crystal Lewis Brown and Oithip Pickert

From left, a year-old tabby; a male chihuahua, a male Jack Russell terrier; a 2-year-old gray female cat and a 2-year-old female chow mix. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

751-6303.

**Caselot sale**

The Fort Jackson Commissary will hold an onsite caselot sale from 8 a.m. to 8 p.m. April 9, and 1-10 p.m. April 10. Military ID cardholders may participate. For more information call 751-5789, extensions 300, 344 or 343.

**FMWR key fobs**

Family and Morale, Welfare and Recreation is offering key fobs for patrons of FMWR exercise facilities for easier access.

**Individual resume class**

The Employment Readiness Program is offering Resume Writing for Beginners individual classes.

Call 751-5452 for more information.

**Motorcycle safety training**

To operate a motorcycle on Fort Jackson, Soldiers and civilians are required to take the Basic Rider Course. Soldiers also need to attend the training to ride a motorcycle off post.

The BRC is a two-day course offered weekly. The Safety Office also offers an optional Experienced Rider Course.

All classes are free. Soldiers and civilian employees will not be charged pass or leave to attend. Training is available to retirees and family members on a space available basis. For more information, call 751-RIDE (7433).

**ChildFind Early Childhood Screenings**

Parents who live on post and have concerns about their children's development

regarding speaking, thinking, moving, social and emotional skills or daily living skills can schedule a ChildFind screening appointment for possible special education services. For more information or to schedule a screening, call 782-1772.

**Fire Prevention — Test, Inspect**

The Fire Prevention Office reminds family housing residents to test and inspect the smoke detector, carbon monoxide detector and stove top fire suppression system monthly. To test the detectors, hold in the test button until the alarm sounds. To test the suppression system, verify the needle is in the green, the pin is not in the extinguisher and there are no obstructions around the cables and the pulley. If the alarm does not sound or if there is a problem, contact the housing maintenance office immediately at 787-6416 for replacement. For any questions, call 751-1610/5239.

**Fire Alarm Warning**

If occupants of a building notice a malfunction in the fire alarm system, it should be reported immediately by calling 751-4142/7217.

No one should work on a fire alarm system except authorized personnel. Tampering with a fire alarm system, a violation of Fort Jackson Regulation 420-90 and South Carolina law, is punishable under the Uniformed Code of Military Justice.

For more information, call 751-1610.

**Entertainers sought**

Recruitment is under way for U.S.A. Express, the Army Entertainment Division's deployable musical performance group.

For information and qualifications, go to [www.armymwr.com/portal/recreation/entertainment/usaexpress/](http://www.armymwr.com/portal/recreation/entertainment/usaexpress/).

**Early hours for Car Care Center**

The Fort Jackson Car Care Center will open at 7 a.m., instead of 8 a.m., for a 120-day trial period to help customers.

**Gold Star Lapel Pin**

Soldiers who have lost an immediate family member in combat are now autho-

rized to wear the Gold Star lapel pin on the Army Green uniform.

Immediate family is defined as a spouse, mother, father, children or stepchildren.

Enlisted Soldiers wear the pin centered both vertically and horizontally on the left lapel of the uniform.

Officers wear the pin centered on the left lapel one-quarter inch below the branch insignia.

For more information, refer to Army Regulation 670-1, paragraph 29-7.

**APO/FPO Flat-Rate Box**

The U.S. Postal Service will offer a military discount for Priority Mail large flat-rate boxes shipped to APO/FPO addresses. The boxes cost \$10.95 and can be ordered online. For more information, visit [www.usps.com](http://www.usps.com).

**Spouse Overseas Employment**

Individual appointments are available for Spouse Overseas Employment Orientation. For more information, call 751-5452.

**Off-post events**

The **Southeastern Paralyzed Veterans of America** needs community assistance in completing a garden plot on Fort Jackson. The plot symbolizes deep appreciation for all wounded Soldiers in the Warrior Transition Unit and paralyzed veterans.

To volunteer, call Mike Steward at 629-5589, or Maj. Glenn Baker at 751-9724.

**Covenant Classical Christian School** offers a spiritually nurturing and academically enriching environment for students in grades PK-12. Classrooms open for visitation 9-11 a.m. today and the open house is at 7 p.m.

For more information, call Teresa Gasoway at 787-0225.

The **Combat Infantrymen's Association** will meet 6 p.m. April 14, at the Officers' Club. Dinner will be served and spouses are invited.

RSVP James Kyzer at 351-2333 or e-mail [james.kyzer@bellsouth.net](mailto:james.kyzer@bellsouth.net).

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# ‘Ultimate Western party’ in the works

**Theresa O’Hagan**

*Family and Morale, Welfare and Recreation*

The same fine minds that brought you the Roaring Twenties Party, have put together another entertaining evening of games, great music, prizes and dress up. The Denim and Diamonds Hoedown on March 27 will feature cowboy cuisine, diamond jewelry giveaways and entertainment by The Black Bottom Biscuits.

“We are throwing the ultimate western party,” said Sam Guerry, manager, Fort Jackson Officers’ Club. “This is the one night where you can show up in your mink, designer jeans and alligator boots, or your Dior gown with boots and Stetson. There are no rules, just lots of glitz, glamour, jeans, and cowboy hats.”

A wagon trail western menu featuring barbecue beef brisket, pork riblets, homemade meatloaf and much, more will be served from the Officers’ Club’s “chuck wagon

buffet” starting at 6:30 p.m.

The party starts at 6 p.m. with free line-dance lessons until 7 p.m. An icebreaker game will get all the guests circulating and making new friends. Dancing will start around 7:30 p.m. and continue until 10:30 p.m.

Scott “Gunny” Taubl, maintenance mechanic for Family and Morale, Welfare and Recreation, constructed a wooden bull for the lasso contest. Guests who “lasso” the bull will win a variety of prizes. Door prizes that go along with the “denim and diamonds” theme such as John Wayne and Clint Eastwood Westerns on DVD, movies about jewel heists, a \$100 Levis.com gift card, and three diamond necklaces will be given out throughout the evening.

Bluegrass favorites, The Black Bottom Biscuits will provide the evening’s musical entertainment. Formed in 2002, the Black Bottom Biscuits draw from bluegrass,

country and rockabilly roots to forge a sound that is uniquely their own. The group plays and sings songs that tell stories about the people and places they love and the things they have done and seen — music with a country heart and a Southern soul.

The group consists of founding members Ernie Jones, Van Abernathy and JD Holt on guitars, mandolin and bass, with a rotating cast of supporting musicians adding Dobra, lap steel, banjo and harmonica to the mix. They have opened shows for national and regional acts such as: Sam Bush, Nickel Creek, Southern Culture On The Skids, Driven’ & Crying’ and Julie Roberts.

In 2005 they appeared on SC ETV’s program “Bluegrass Express” broadcast statewide and they have been interviewed twice on ETV radio’s “Walter Edgar’s Journal.”

Tickets to the hoedown cost \$20 and member pricing will apply. Call 782-8761 to make a reservation.

## Today

**Southern Style Lunch Buffet**, from 11 a.m. to 2 p.m. at the Officers’ Club. The buffet is open to the public.

Visit **Century Lanes** for food, fun and bowling.

**Magraders Pub** is open for lunch for family members from noon to 4 p.m., Thursdays.

## Friday

**Artistic Expression with Jake** begins 6:30 p.m. at the Youth Center Teen Room.

**Dance** to a variety of music provided by DJ Randall at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub, and the cover charge is \$3 for military and \$5 for civilians.

Every Friday is **Fish Fry Friday** at the Officers’ Club, from 11 a.m. to 1:30 p.m. Lunch at the Officers’ Club is open to everyone.

## Saturday

**Step Team practice** begins 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. The event features live broadcasts from the BIG DM 101.3 with giveaways 9:30-11 p.m.

A **Design Your Own Frame** class is held from 10 a.m. to 2 p.m. at the Solomon Center. The cost is \$35 per person, which includes materials. Advance registration is required and can be done at the front desk.

## Sunday

**Sunday Brunch** will be held at the Officers’ Club from 11 a.m. to 2 p.m.

Enjoy **Family Day at the Youth Cen-**



**ter**, 2-6 p.m.

Play in the **Couple’s Golf Tournament** at 1 p.m. at the Golf Club.

## Monday

The **NCO Club** presents a **full**

**lunch buffet**, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m., for \$7.

## Tuesday

Enjoy **free movies** every Tuesday at Magraders Pub.

It’s **bunco time** at the Officers’ Club, from 10 a.m. to 2 p.m.

Today is the last day to register for the **Intramural and Recreational Golf League**. Register at the Sports Office on Hilton Field.

## Wednesday

Be a sensation with **Karaoke with Tom Marable** at **Magraders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

Visit the Officers’ Club for a **Mongolian Barbecue Lunch Buffet**, from 11 a.m. to 2 p.m.

## Ongoing Offers

The **Officers’ Club** is ready to host your next special event. The club’s professional staff will ensure every detail is attended to so your event will be to your specifications. Now is the time to start booking your holiday and 2009 events.

The Officers’ Club’s goal is to provide quality, consistent service and exceptional, creative cuisine to members and guests.

The club offers and specializes in wedding receptions, anniversary parties, promotions and all special occasions.

Membership is open to officers (active duty, retired, Reserves and National Guard) and DoD civilian employees GS-7 and above, and NF 03 and above. For more information, call 782-8761.

The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.

The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.

The **Officers’ Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.

The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduation, retirements and other special occasions.

**Victory Travel** has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$30 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations.

For more information, visit Victory Travel in the MG Robert B. Solomon Center. Reservations are required for the following dinner shows:

**Myrtle Beach:** Dixie Stampede, Medieval Times, Legends Theatre, Carolina Opry, Ripley’s Aquarium and Palace Theatre.

**Tennessee:** Dixie Stampede, Country Tonight, Grand Illusions, Grand Ole Opry, Ryman Museum, Rainforest Adventures, Ripley’s Aquarium, Ripley’s Believe It or Not, Ripley’s Haunted Adventure, and Ripley’s Moving Theatre.

**Florida:** Dixie Stampede, Medieval times, Pirates Dinner Adventure, Sleuths Mystery Dinner, Arabian Nights, Ripley’s Believe It or Not Museum, The Holy Land Experience, Fantasy of Flights, Kennedy Space Center, Titanic the Exhibition, The Orlando Science Center, Florida Splendid China, and Cypress Gardens.

• **Child, Youth and School Services** provides child care and youth programming on Saturdays at no cost for active duty parents who must work to meet mission requirements and for National Guard and Reserve Soldiers during Battle Training Assembly. Care is offered from 5 a.m. to 6 p.m. at multiple locations.

For more information about:  
— Registration, call 751-4865.  
— Six weeks-kindergarten, call 751-6221/6230.  
— Grades 1-5, call 751-1136/6387.  
— Grades 6-12, call 751-3977/6387.  
— Child Development Home serving children between 6 weeks and 12 years old, call 751-7169/7170.

• Enjoy resort accommodations for between two and six people for less than one would pay for most hotels with the **Armed Forces Vacation Club**. For details of resort availability, call the reservation center at (800) 724-9988.

Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is Installation No.164.

• **Child care** fees are based on total family income (not rank or grade). Care during duty hours is work-related, so fees are based on a family’s ability to pay a fair share. For more information, call 751-4865.

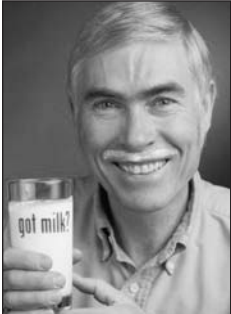


# HEALTH

## Milk moustache campaign comes to Moncrief

**Moncrief Army Community Hospital**  
*Nutrition Care Division*

The Nutrition Care Division at Moncrief Army Community Hospital invites the public to come to its dining facility and show off their best milk mustache Friday from 11 a.m. to 1 p.m. The Fort Jackson community will have a chance to don a milk mustache and have the popular look captured



on film. “We really want to encourage the Fort Jackson community to get their recommended two to three servings of dairy per day,” said 1st Lt. Emily Slusher, chief of Clinical Dietetics at MACH. “Milk and dairy products are excellent sources of calcium, which helps build bone density for men, women and children. The milk mustache is an instantly recognizable way to show that you support getting more dairy, and we thought it would be fun to bring our community together for

health.” In addition to posing participants for milk portraits, the registered dietitians who work at the photo booth will be available to answer food- and nutrition-related questions. The booth will also have free informational brochures on the health benefits of milk, including tips on how to incorporate milk into the diet. The “Milk, Where’s Your Mustache?” campaign was developed under the guidance of the National Fluid Milk Processor Promotion Board, an organization funded by U.S. milk processors.

## Early detection key in colorectal cancer treatment, cure

**Wayne Combs**  
*U.S. Army Center for Health Promotion and Preventive Medicine*

In the United States, colorectal cancer is the fourth most common cancer in men (after skin, prostate and lung cancer). It is also the fourth most common cancer in women (after skin, breast and lung cancer).

Colorectal cancer is the second leading cause of cancer death. The risk increases with age. Since the average age of officers in the Army Reserve is 42, Soldiers certainly are not immune to colorectal cancer.

The colon is the part of the digestive system where waste material is stored. The rectum is at the end of the colon adjacent to the anus. Together, they form a long, muscular tube called the large intestine (also known as the large bowel). Tumors of the colon and rectum are growths arising from the inner wall of the large intestine.

Doctors are certain that colorectal can-

cer is not contagious (a person cannot catch the disease from another person). Some people are more likely to develop colorectal cancer than others. Factors that increase a person’s risk include a high-fat diet, a family history of colorectal cancer and polyps, the presence of polyps in the large intestine, and chronic ulcerative colitis.

Symptoms of colorectal cancer are numerous and nonspecific. They include fatigue; weakness; shortness of breath; change in bowel habits; narrow stools; diarrhea or constipation; red or dark blood in stools; weight loss; and abdominal pain, cramps or bloating. Fecal occult blood tests can identify if there is hidden blood in the stool.

When colon cancer is suspected, either a lower gastrointestinal series (barium enema X-ray) or colonoscopy is performed to confirm the diagnosis and localize the tumor. A barium enema involves taking X-rays of the colon and the rectum

after the patient is given an enema with white, chalky liquid containing barium. The barium outlines the large intestine on the X-rays. Tumors and other abnormalities appear as dark shadows on the X-rays.

Colonoscopy is a procedure whereby a doctor inserts a long, flexible tube into the rectum to inspect the inside of the entire colon. Colonoscopy is generally considered more accurate than barium enema X-rays, especially in detecting small polyps.

If colon polyps are found, they are usually removed through the colonoscope and sent to a pathologist. The pathologist examines the polyps under a microscope to check for cancer. While the majority of polyps removed through the colonoscope are benign, many are precancerous. Removal of precancerous polyps prevents the development of colon cancer from these polyps.

Unfortunately, colon cancers can be well advanced before they are detected. The most effective prevention of colon

cancer is early detection and removal of precancerous polyps before they turn cancerous.

In October 2008, the U.S. Preventive Services Task Force recommended three screening regimens effective in reducing fatal cancer for men and women age 50 and older. Once you are 50, you should have annual, high-sensitivity fecal occult blood testing every three years, or sigmoidoscopy every five years combined with high-sensitivity FOBT every three years, or a colonoscopy every 10 years.

People who are at higher risk of colorectal cancer should talk to their doctor about whether to have a screening test before age 50, what test to have, the benefits and risks of each test, and how often to schedule appointments.

Even in cases where cancer has already developed, early detection significantly improves the chances of a cure by surgically removing the cancer before it spreads to other organs.

### **MACH updates**

- Repairs of the parking lot near the ground-floor entrance will take three to four weeks to be completed. Staff should only park where allowed. Drivers who park on the grass will be ticketed.
- The Army Warrior Healthcare Covenant will be signed April 2 at the Post Conference Room. For more information, call 751-2291.
- The Retiree Health Fair is from 10 a.m. to 2 p.m., April 25-26 at the Robert B. Solomon Center.
- Moncrief Army Community Hospital will host the Women’s History Month Luncheon from 11:30 a.m. to 1 p.m., Wednesday at the Officers’ Club. Radio personality Tre’ Tailor will be the guest speaker. For more information, call 751-2773.
- A phone number has been established for patients

- to cancel their appointments after duty hours. To cancel an appointment after duty hours, call 751-2904. During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (2273) to cancel an appointment.
- MACH is experiencing a manufacturer’s shortage of Shingles vaccine (Zostavax), and will likely not have any for at least three to four months.
- The new Warrior Transition Unit and the Soldier Family Assistance Center are expected to be completed soon.
- The pharmacy is located on the ground floor, and the TRICARE, Exceptional Family Member Program and EDIS offices are located on the 10th floor.

### **National Nutrition Month at MACH**

March is designated National Nutrition Month. This

year’s theme is “Eat Right America!”

### **Medical Records**

Medical records are the property of the U.S. government and must be turned in at the Medical Records Station upon enrolling at MACH. Call 751-2471 for a copy.

### **Helpful Information**

Reach MACH toll-free at (877) 273-5584 or locally at 751-CARE (2273), or visit online at [www.moncrief.amedd.army.mil](http://www.moncrief.amedd.army.mil) or [www.tricare.osd.mil](http://www.tricare.osd.mil).

### **Health Talks**

To have a MEDDAC professional address a group on health-care subjects or preventive medicine, call 751-5035/2501.



# CHALKBOARD

## Finding a safe neighborhood, school for kids

**Tanya Biank**  
CinCHouse.com

You love the house in the cul-de-sac, the one with the potted plants and big back yard. The price is right, and it's near post. The high school down the road was built only four years ago and has a winning football team that your son would love to join. It seems like a perfect fit for any military family just coming into town.

But take a closer look. Do some quick research, and you'll discover that a registered sex-offender lives two blocks away from the cul-de-sac, and the new high school has a high number of weapon incidents.

With the peak military moving season (May through August) almost here, chances are, you or someone you know will relocate this summer.

Whether you have one year's notice or one month's, finding a safe neighborhood and school district are top priorities for many military families.

On average, military personnel relocate once every two to three years, according to Defense Department statistics. With such peripatetic lifestyles, "word of mouth" in the military continues to be a popular way of finding out about schools and neighborhoods. But accessing free and reliable resources has never been easier and, in many cases, is just a computer click or phone call away.

### Finding a Good School

For many military families, a good school district is the deciding factor on where the family will live. The tradeoff may mean living in cramped housing on base or living off base with a lengthy commute in to work.

"Finding a safe school is about doing your homework," said Michelle Boykins, director of communications for the National Crime Prevention Council. "There are some resources that make this task less daunting."

More than 20 state school safety centers across the country help parents learn about the safest schools in the neighborhood, Boykins said. Many military installations are in the participating states. Check the NCPC Web site's list of those centers at [http://www.ncpc.org/programs/bssc/State\\_School\\_Safety\\_C](http://www.ncpc.org/programs/bssc/State_School_Safety_C)



enters.php.

Boykins said the NCPC also suggests reviewing the lists of private, public and charter schools through the U.S. Department of Education's Web site at <http://www.ed.gov>.

States' department of education Web sites are also worth checking. Student achievement, academic standards and progress, standardized test scores, school violence reports (a breakdown on such reported incidents as weapons and assaults), accreditation ratings and school funding is a matter of public record and is updated annually. If the information you are looking for is not on the state site, call the state public education office (located on the Web site) and make a formal request.

While local school Web sites are worth exploring, they will unlikely list any school negatives, such as poor test scores or on-campus violence. For a more objective look, visit Standard & Poor's SchoolMatters, [www.schoolmatters.com](http://www.schoolmatters.com), is a thorough site providing updated information on schools and is an excellent choice if you don't know the names of schools in the area you'll be living. You can see how the school you're researching compares with other schools on state reading and math levels. The site also provides the percentage of economically disadvantaged students at schools, along with student-to-teacher ratio, enrollment, grade levels served, graduation and attendance rates and enrollment by race and ethnicity. The site even

provides a teacher profile and lists the percentage of teachers with highest degrees held and average years of teaching experience.

Another site, [www.greatschools.net](http://www.greatschools.net) or "the parents guide to K-12 success," is a nonprofit organization that also offers in-depth and updated school reports. The site includes a school violent crime index and recent parent reviews and will e-mail you free monthly statistics and updates on your school. GreatSchools also lists schools on military installations if the schools are part of the local school district.

For information on Department of Defense schools, start with the Department of Defense Education Activity site at [www.dodea.edu](http://www.dodea.edu) for the latest test score results in math and reading and how they compare with national results. The site also provides links to overseas DoD schools.

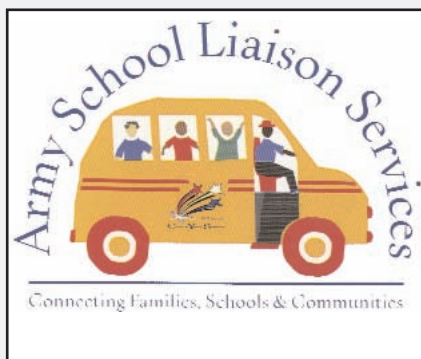
For information on Department of Defense Domestic Dependent Elementary and Secondary Schools, go to <http://www.am.dodea.edu>. The site has information on districts, communities, curriculum and accountability testing with links to school Web sites.

If you're concerned about on-campus crime and want to take your research beyond Web sites, call the school and ask about school resource officers. The school resource officer is a police officer assigned to the school.

Ask to speak to this officer to discuss any concerns you have. You can also call the local police department and ask to speak with the Drug Abuse Resistance Education officer. Many police departments also have a gang activity section. Ask to talk with officers who deal with gangs.

"Make a visit, when possible, to the schools and neighborhoods to get a first hand look," Boykins said. "Parents can also speak with the current residents in the community as well as the residents that may live in the area of the schools. Speak with the local PTA."

Boykins also recommends that parents inquire about safe practices at the school: Do unmonitored doors lock from the outside? Are visitors required to sign in and show proper identification? Who has access to office keys, identification badges and codes? How are students entering and exiting school monitored?



### Fort Jackson Schools

- **Tuesday:** End of 3rd Quarter marking period
- **March 26:** School board meets 4 p.m. at C.C. Pickney Elementary School. Parents are welcome.
- **March 27:** Student holiday; staff development.
- **April 1:** Report Cards issued
- **April 6-10:** Spring Break

### Richland District One

- **Today:** End of third grading period.
- **Tuesday:** School Board meeting, 7 p.m. at Crayton Middle School. Parents are welcome.
- **Wednesday:** Early dismissal for elementary and middle schools.
- **April 1:** Report Cards issued.

In the event of early dismissal days, elementary schools dismiss at noon; middle schools at 1 p.m. On delayed start days, high schools begin at 10 a.m.

For information about Partners in Education in Richland District One, or to find out how to get involved, call PIE Executive Director Nathalie Gregg at 318-3005.

### Richland District Two

- **Now through Monday:** Parent accept or decline Choice On-Line
- **Tuesday:** School Board meeting, 7

p.m. at Spring Valley High School. Parents are welcome.

- **Wednesday:** End of third marking period.
- **March 26-31:** Report Cards Issued.

### Partnership in Education

The Partnership in Education program is revising the Local Action Plan, which serves as a guide for schools to ease school transitions.

Parents of students who want to provide input may do so on **Tuesday**, from 11:30 a.m. to 1 p.m. at the Fort Jackson Officers' Club. The luncheon will be pay-as-you-go.

For details, contact the school liaison officer.

### Homeschoolers

A get-together for home schooled students is held each Tuesday. For more information, call 419-0760.

### SKIES

**SAT Prep classes** have begun. Register at CYSS Central Enrollment Office. For more information, call 751-6777.

### Announcements

**Adopt-a-School** encourages Soldiers to volunteer in local schools.

Units or individual Soldiers may complete volunteer activities at schools on a one-time or a regular basis, with supervisor approval for use of mission time.

High performing units will earn awards quarterly. For more information, e-mail [Ruth.C.Russell@us.army.mil](mailto:Ruth.C.Russell@us.army.mil) or [Keisha.MccoyWilson@us.army.mil](mailto:Keisha.MccoyWilson@us.army.mil).

The **Operation Graduation** program is looking for high-school seniors who will have one parent deployed during their graduation ceremony and would like to arrange a live webcast for the deployed parent.

For more information, call 751-6150.



# CHAPEL

## Everyone needs to be someone’s MVP

**Chaplain (Maj.) Bob Hart**  
*USACHCS Ethics Instructor*

What’s the one thing every teenager needs as he or she navigates adolescence? What does every young mother need as she assumes a responsibility she has never had before becoming a mom? What does every athlete need to achieve his or her ultimate performance? What does every husband need to become the man God made him to be? For every newly married couple to get the right start? To be believed in.

All of us need someone to express positive expectancy about our lives. I read a story about two boyhood friends, John and Marty. Both boys loved baseball. They were the best of friends and loved to play ball together so much that they made a pact to play ball together always — regardless of what happened.

As time went on, John became a baseball star, and his coach called him aside and told him about the upcoming tryouts for the minor leagues. John said, “That’s great. Marty and I will sign up right away.” But the coach re-

sponded, “Don’t worry about Marty. He’s just an ugly duckling — too skinny, too slow, can’t field and can’t hit.” John’s response was, “I know he can make it if he has a chance because he’s got determination. He can learn to field and hit.”

Sure enough, training camp resulted in a contract for John, but Marty was cut. John, however, wouldn’t sign without Marty, so the club gave in and awarded both a contract. Motivated by his friend’s actions, Marty slowly began to improve. During their third year in the minor leagues John washed out and quit. Marty became the rising star. Eventually he was called up to the majors for the St. Louis Cardinals as a shortstop, Marty Marion. He played in four World Series and even All-Star games, and in 1944 was named Most Valuable Player in the National League.

Years earlier, Marty’s mom asked John, “Why are you so determined to keep this pact?”


John replied, “Belief is a kind of love. I believe in Marty. We’re friends. Believing in someone is the best

kind of love.”

In I Corinthians 13:4-7, scripture tells us: “Love is patient, love is kind, and is not jealous; love does not brag and is not arrogant, does not act unbecomingly, it does not seek its own, is not provoked, does not take into account a wrong suffered. It does not rejoice in unrighteousness, but rejoices with the truth; love bears all things, believes all things, hopes all things, endures all things, love never fails.”

Ask yourself how can you communicate affirmative belief to someone? In what one area could you encourage someone by fostering a belief that that person could do more? If you are married or have children, pick an area in which you can show positive belief in your mate and in your children. Parents should work to inspire every member of your household by expressing positive expectations.

In these ways, we might inspire one to be more than he or she seems to be on the outside. We will demonstrate love in the best way possible.

<div></div> <div><div>Protestant</div><div><div>■ Sunday</div><div>8 a.m. and 11 a.m. Daniel Circle Chapel (Gospel)</div><div>7:45 a.m. Bayonet Chapel (Hispanic)</div><div>9 a.m. and 10:30 a.m. Magruder Chapel</div><div>9:30 a.m. Main Post Chapel</div><div>10:45 a.m. Post-wide Sunday School (Main Post Chapel)</div><div>11 a.m. Memorial Chapel</div><div>11 a.m. Chapel Next, USACHCS, Fox/Poling Lab.</div><div>■ Wednesday</div><div>6 p.m., Prayer Service Daniel Circle Chapel</div><div>7 p.m. Gospel Mid-week Service Daniel Circle Chapel</div></div><div><div>PROTESTANT BIBLE STUDY</div><div>■ Monday</div></div></div>	<div><div>7 p.m. Women’s Bible Study (PWOC — Main Post Chapel, Class 209)</div><div>■ Wednesday</div><div>7 p.m. Anderson Street Chapel</div><div>7 p.m. Daniel Circle Chapel</div><div>7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)</div><div>■ Thursday</div><div>9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)</div><div>6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)</div><div>7 p.m. LDS Bible Study (Anderson Chapel)</div><div>■ Saturday</div><div>8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)</div></div> <div><div>PROTESTANT YOUTH OF THE CHAPEL</div><div>■ Saturday</div><div>11 a.m. Daniel Circle Chapel (third Saturday)</div><div>■ Sunday</div><div>5 p.m. Main Post Chapel</div></div> <div><div>Catholic</div><div><div>■ Monday-Friday</div><div>11:30 a.m. Mass (Main Post Chapel)</div><div>■ Sunday</div><div>8 a.m. Mass (MG Robert B. Solomon Center)</div><div>11 a.m. Mass (Main Post Chapel)</div><div>9:30 a.m. Mass (120th AG Battalion Chapel)</div></div></div>	<div><div>9:30 a.m. CCD (Education Center)</div><div>9:30 a.m. Adult Sunday School</div><div>12:30 a.m. Catholic Youth Ministry</div><div>■ Wednesday</div><div>7 p.m. Rosary</div><div>7:30 p.m. RCIA/Adult Inquiry</div></div> <div><div>Lutheran/Episcopalian</div><div><div>■ Sunday</div><div>8 a.m. Memorial Chapel</div></div></div> <div><div>Islamic</div><div><div>■ Sunday</div><div>8-10 a.m. Islamic Studies (Main Post Chapel)</div><div>■ Friday</div><div>12:30-1:45 p.m. Jumah Services (Main Post Chapel)</div></div></div> <div><div>Jewish</div><div><div>■ Sunday</div><div>9:30-10:30 a.m. Memorial Chapel</div><div>10:30-11:30 a.m. Jewish Book Study (Post Conference Room)</div></div></div> <div><div>Church of Christ</div><div><div>■ Sunday</div><div>11:30 a.m. Anderson Street Chapel</div></div></div>	<div><div>Latter Day Saints</div><div><div>■ Sunday</div><div>9:30 a.m. Anderson Street Chapel</div></div></div> <div><div>Addresses, phone numbers</div><div><div>Daniel Circle Chapel</div><div>3359 Daniel Circle, Corner of Jackson Boulevard, 751-4478</div><div>Main Post Chapel</div><div>4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469</div><div>Bayonet Chapel</div><div>9476 Kemper St., 751-4542</div><div>Family Life Chaplain</div><div>4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780</div><div>Anderson Street Chapel</div><div>2335 Anderson St., Corner of Jackson Boulevard, 751-7032</div><div>Education Center</div><div>4581 Scales Ave.</div><div>Magruder Chapel</div><div>4360 Magruder Ave., 751-3883</div><div>120th Rec. Bn. Chapel</div><div>1895 Washington St., 751-5086</div><div>Memorial Chapel</div><div>4470 Jackson Blvd., 751-7324</div><div>Chaplain School</div><div>10100 Lee Road, 751-8050</div></div></div>
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# FIRST RESPONDER\_\_\_\_\_



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

**Lt. Col. Ronald F. Taylor**  
*Director, Emergency Services/Provost Marshal*  
**Sgt. Maj. Allen Taylor Jr.**  
*Provost Sergeant Major*  
**Billy Forrester**  
*Fire Chief*

### Cases of the Week

One civilian was banned from post for three years, and another civilian was banned from post for one year after being arrested in connection with a theft at the Main Post Exchange. The civilians stole more than \$280 worth of merchandise and left the store without paying, Military Police said.

A Soldier underwent surgery at an off-post hospital after accidentally shooting

himself in the foot during training, MPs said. The accident happened during close quarter combat range training.

A Soldier was ticketed for speeding, making an illegal u-turn and following too closely. The Soldier was driving 60 mph in a 35 mph zone, MPs said.

### Provost Marshal's Tip of the Week

Fort Jackson police officers have begun issuing tickets to motor vehicle operators who drive while using a cell phone or other hands-free device.

The tickets will carry a fine of not less than \$15 and not more than \$25, as well as an assessment of points against the operator's license.

In addition to the fine, a \$25 processing fee is associated with any ticket issued on Fort Jackson.

Motor vehicle operators must remove hands-free devices from their ear when entering Fort Jackson.



## FORCE PROTECTION THOUGHT OF THE WEEK

# MEDIA AWARENESS



**Refer All Media Requests to The Public Affairs Officer**



# LEGAL/INSPECTOR GENERAL

## Some tax filers should consider extension

**Capt. Vito Abruzzino**  
*Legal Assistance Attorney*

The Tax Center can help Soldiers who need to file an extension or need a tax power of attorney.

Some of the most common questions with filing tax returns and the April 15, deadline are discussed in this article.

*What do I need to take to have my taxes prepared at the Tax Center?*

Some of the information needed includes, but is not limited to,

- a valid Social Security card for all family members,
- federal wages forms (W-2),
- interest statements,
- investment dividend forms, and
- the previous year's tax returns.

Other important information may include bank/investment statements, and any other income statements.

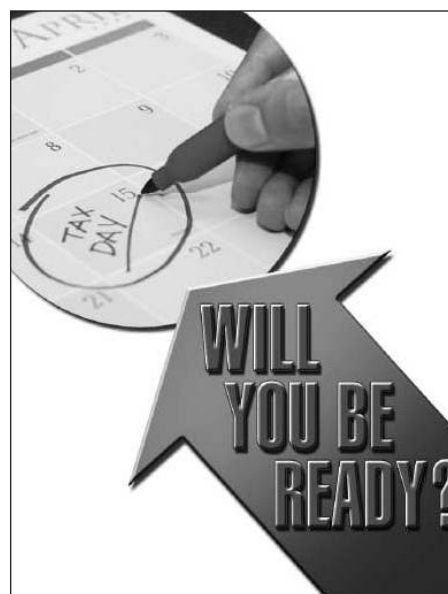
In addition, homeowners should provide information relating to property taxes and interest paid on their homes and mortgages.

*What if I don't file by the deadline?*

If you file your return after April 15, the IRS may assess late fees, penalties and interest due on your federal taxes. If late fees, penalties and interest are assessed, you still have the option of requesting fees and interest be withheld in writing. The IRS has sole discretion to grant a withholding of fees and interest. A better option would be to file before the deadline, or file an extension.

*How do I file for an extension?*

If you absolutely cannot file before April 15, IRS Form 4868 is available from the IRS website [www.irs.gov](http://www.irs.gov) and allows a taxpayer to request a six-month extension to file their federal tax returns. Service members who are concentrating on training and mission requirements may wish to file an extension if they feel that they may need extra time. It is also a good idea, even if you plan on filing near the deadline, to protect yourself from additional fees and interest. There is no penalty involved in filing an extension, and once you file an extension you



may file your federal tax returns at any date before your extension deadline.

*Can someone else file my taxes for me?*

You can give another person the authority to file your tax return. This is especially appealing and useful to service members

married to non-service members, who are filing or plan on filing a joint return. Although most general powers-of-attorney grant your agent the authority to file tax returns, the IRS has Form 2848, which is also available online from the IRS.

Form 2848 does not require notarization and is the preferred power-of-attorney by the IRS for federal tax returns. Make sure you completely trust a person to whom you grant any authority to act in your name. In granting this power to someone, you will remain responsible for the tax return filed by your agent.

If you have more questions or need assistance please call the Tax Center. Less than one month is left to file tax returns. Appointments are filling up fast and time is running short.

The Fort Jackson Tax Center is open and taking appointments Monday through Friday from 9 a.m. to 4:30 p.m. For an appointment with one of the trained Soldiers who have filed more than 900 tax returns, call 751-JTAX as soon as possible.

## Misuse of government property can result in disciplinary action

**Sgt. 1st Class Felipe Pinero**  
*Assistant Inspector General*

Unfortunately, improper use or abuse of government resources is a matter that Inspector Generals commonly investigate.

An allegation is a person's statement or assertion of wrongdoing, that has been formulated by the IG. An allegation normally contains four essential elements: who, improperly, did or failed to do what, in violation of an established standard.

The IG refines allegations based on evidence gathered during the course of an investigation or inquiry. The definition of abuse is to use wrongly or improperly; misuse: to abuse one's authority; the abuse of privileges.

Examples include misuse of grade, position, or authority or misuse of resources such as tools, vehicles, or copying machines. Department of Defense 5500.7-R states that federal government communication systems and equipment (including government-owned telephones, facsimile machines, electronic mail, Internet systems, and commercial systems when use is paid for by the federal government) shall be for official use and authorized purposes only.

In accordance with Army Regulation 600-20, Army Command Policy, improper use of or disclosure of covered communications and other violations of this policy are pro-

hibited and may result in discipline under the Uniform Code of Military Justice.

Army personnel have a positive duty to protect and conserve federal property, including equipment, supplies and other property entrusted or issued to him/her.

You cannot directly or indirectly use or allow the use of government property for other than official approved activities (this includes property leased to the government.)

Examples of improper use may include using government or leased photocopy equipment for personal matters, using a government-owned, leased, or rented vehicle for non-official purposes, selling commercial products in a government building, and using government computers and word processors for personal matters.

Loss of, damage to, unauthorized use or destruction of Army or DOD property may render an employee subject to disciplinary action. Official use may include, when approved by theater commanders in the interest of morale and welfare, communications by military members and other DoD employees who are deployed for extended periods away from home on official DoD business. Authorized purposes include brief communications made by DoD employees while they are traveling on Government business to notify family members of official transportation or schedule changes.

### IG case resolution

*The Inspector General's office works to enhance mission accomplishment of Fort Jackson's units and organizations by identifying and recommending solutions to performance inhibitors and resolving requests for assistance from Soldiers, family members, retirees and civilians of the Fort Jackson community. The following is actual information gathered from requests for assistance and IG observations.*

#### Drill Sergeant Removal Procedures

The IG office has received several requests for help from drill sergeants regarding the procedures for removing them from drill sergeant status. These requests were not to determine if removal was warranted, but to determine if all the correct administrative procedures had been followed. Commanders at all levels should know and comply with the administrative procedures for removal as outlined in Army Regulation 614-200, Enlisted Assignments and Utilization Management, dated Feb. 26, 2009, paragraphs 8-17. Information is also available in of TRADOC Regulation 350-16, Drill Sergeant Program, dated March 20, 2007, paragraphs 2-8; and in Fort Jackson Policy Memorandum numbers 1-10, Drill Sergeant Suspension, Reinstatement, Removal and Appeal Procedures, dated Sept. 8, 2004.

The proponent for that memorandum is the Personnel Strength Management Office, which can be reached at 751-4893.

# SPORTS/FITNESS

## Passion for sports propels coach

**Kara Motosicky**  
*Community Relations Officer*

Lt. Col. Greg Bauldrick, who came to Fort Jackson from Kuwait in 2006, recently joined a club most coaches only dream about — a state championship.

Bauldrick, an assistant coach for the Spring Valley Lady Vikings Basketball team and Installation G1, went along for the ride as his team took the AAAA State title March 6, finishing their season 27-1 with a 53-22 victory over Orangeburg-Wilkinson. It was its first title since 1978.

“It was an experience that was everything you thought it would be,” said Bauldrick. “One that can only be exceeded by coaching and winning, and knowing you made a difference.”

It was his second season with the young team — the team started three freshmen and two sophomores for most of the season, under first year head coach Anne Long.

Bauldrick’s knowledge of the game and willingness to take on tasks that needed to be done made him an integral part of the team’s success, according to Long.

“He has excellent role model and leadership qualities and would be an asset to any organization,” Long said. “He not only was involved with the X’s and O’s, but all the other elements. He does everything. Little things count.”

Bauldrick first started coaching in his son’s recreational basketball league while stationed in Virginia. Following a deployment to Kuwait where he played in the USO’s Operation Hardwood under Naval



Photo by Tim Kimzey, Spartanburg Herald-Journal

**Greg Bauldrick and Anne Long, Spring Valley coaches, talk to their team during a recent game against Dorman. Spring Valley won the game, 60-57**

Academy coach Billy Lange, Bauldrick was reassigned to Fort Jackson.

With a passion for sports and a masters degree in Sports Management from Columbia Southern University, he decided to get involved in coaching while in Columbia.

Bauldrick wrote to all the athletic directors for the schools in Richland 2 district, outlining his background and volunteering his services.

When Spring Valley responded with an offer for football or girls basketball, Bauldrick decided to try working with the basketball team, the first girls team he

had worked with.

It turned out to be a good fit. “It allowed for a tremendous amount of experience and leadership,” Bauldrick said. “Working with girls is more about fundamentals. It allows a coach to teach.”

Bauldrick also volunteers with the University of South Carolina Football Home and Special Events program, helping with officials and pre-game and half-time shows.

Bauldrick plans to get involved with athletic programs when he can. “I love what I do. If the opportunity presents itself, I’m going to take it.”

### Sports Briefs

#### Golf League

Intramural and recreational golf league play will begin March 30. The deadline to sign up and submit handicaps is Tuesday. For more information, call 751-3096.

#### Volleyball

Intramural and recreational volleyball league play will begin at the conclusion of the winter basketball season. Players must be at least 18. The deadline for teams to sign up is Wednesday.

#### Summer Softball

Letters of intent for intramural and recreational softball are due March 26. A preseason tournament is scheduled for April 14-18. Teams must sign up for the tournament by April 7. Players must be at least 18. For more information, call 751-3096.

#### Tennis Tournament

Letters of intent for an active-duty tennis tournament are due March 31. Play is set to begin in April. Players should include their level of play (novice, intermediate or advanced). For more information, call 751-3096.

#### Bass Tournament

The 171st Infantry Brigade will host its inaugural bass fishing tournament April 3 at Lake Wateree. The event starts 8 a.m. For more information, e-mail [Patrick.Gaddie@conus.army.mil](mailto:Patrick.Gaddie@conus.army.mil).

#### Triathlon

DoD ID card holders may register for the triathlon through April 14. The event is scheduled for April 21 and will feature a 300 meter swim, 12.5 mile biking and a 3.5 mile run. Competitors must be at least 18. For more information, call 751-3096/5768.

#### Strongman Competition

Registration is open for Fort Jackson’s annual strongman competition. For more information, call 751-3096.

#### Youth Baseball

This year’s youth baseball season will run April-June. Play is available in three age groups: T-ball (for children 3-5 years old); coach pitch (for children 6-8 years old) and Little League (for children 9 and older). The cost is \$40 for the first child and \$36 for each additional child. For more information, call 751-5040.

#### Important Numbers

For youth sports, call 751-5610/5040. For golf information, call 787-4437/4344. For sports information, call 751-3096.

### Basketball standings\*

#### Monday/Wednesday League

4-321st	12-2
Swampfoxes	11-3
2-13	9-5
SSI	8-5
187th	7-7
PES	4-10
3-60	3-11
3-13	1-12

Standings as of March 18, 9 a.m.

#### Tuesday/Thursday League

That’s Them	16-0
Niteflyte	13-4
SCNG	10-7
120th	9-6
4-10	9-6
165th	9-8
DSS	8-10
2-60	5-11
MEDDAC	2-13
JAG	1-16

### Darts Standings

1st CivDiv — 26 points
Broken Arrow — 21 points
Sharp Shooters — 16 points
3-34 — 15 points
187th — 15 points, 1 forfeit
2-13 — 12 points
3-13 — 8 points
4-10 — 8 points
SSI — 4 points

Bye weeks
3-34 — today
4-10 — March 26